

DOLPHIN LOG

Collection, Year 2013

**The Bulletin of the
Dolphin Swimming & Boating Club
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club
502 Jefferson Street
San Francisco, CA 94109**

SPRING 2013

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

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San Francisco, CA 94109
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Cover - photo by Susanne
Friedrich, Pete Perez finishes his
Polar Bear - 356 miles equalling
club record

Printing

MC Printers
Prepress
Royce Color, SF

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Thanks, Reuben

It's too late for Thanksgiving, but never too late for gratitude. This is a thank-you note to Reuben Hechanova, for being (in my opinion) the best President the Dolphin Club has ever had. I have never had the pleasure of seeing anyone, not the President nor anyone else, become as involved and supportive in the works of the Club as Reuben has.

Whether he was instructing, teaching, or leading, he was always first on the scene in the activities of the Club. I never heard him raise his voice or utter a rebuke to anyone who was trying to do anything in the activities of the Club. He was always there to give encouragement to people who were striving, and to offer help to the newcomers.

The most encouraging thing I see in the New Year is that we can still attract people like this to lead the Club forward. I don't know how it happens or what we do to deserve it, but I am stupendously grateful.

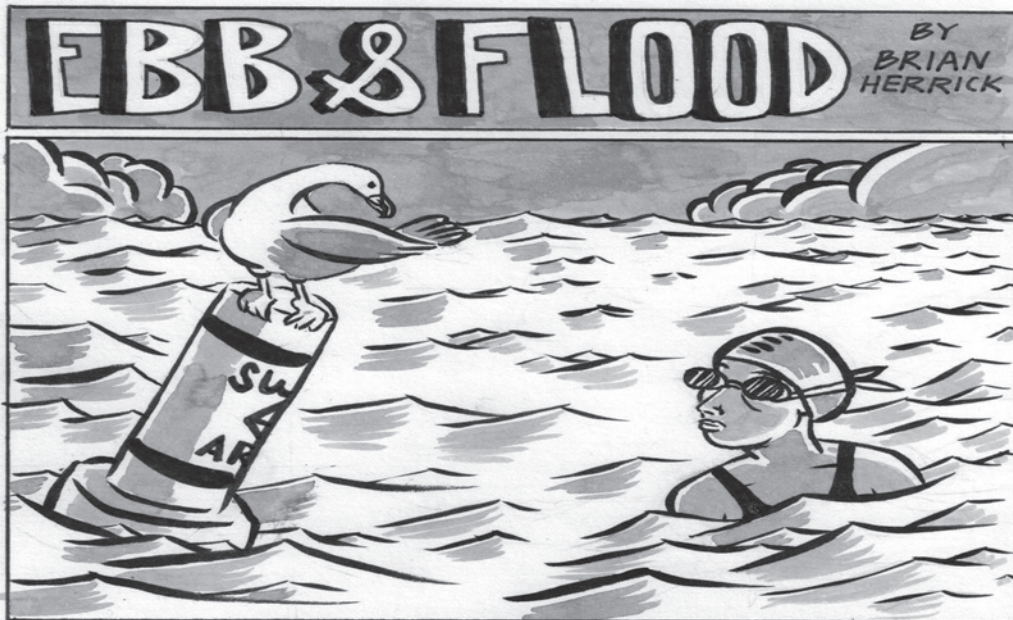
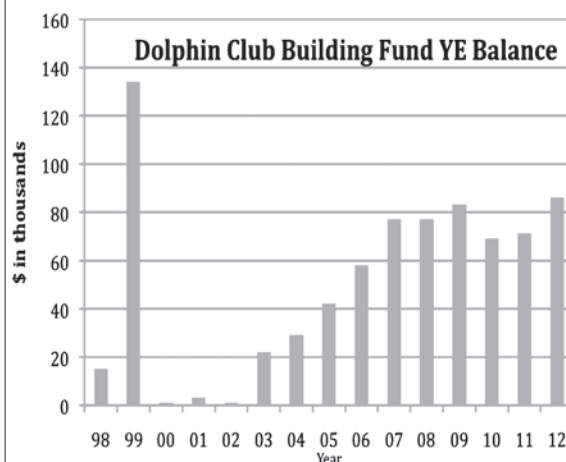
So here's to you, Reuben, and to Elizabeth too, who must have supported you the way you've supported the Club.

Thank you
Brian Gilbert

Dolphin Club Building Fund

The Dolphin Club Building Fund was established in 1998 as a method to develop and maintain an additional source of capital for major building related projects. The Club established a "Dolphin Club Account," now with the San Francisco BayKeeper, 501 (c) (3) non-profit organization, which maintains the account under a written agreement with the Club. Over the 14 years of its existence, the members of the DC have donated monies to the Fund which have enabled the Club to renovate the Ladies locker room ('99), replace the Pier ('08), replace the lockers in the Ladies locker room ('10), as well as renovations in the kitchen. Without the generosity of the DC membership to the Fund, these major building projects could not have been undertaken absent significant increases in the Club dues.

The current balance of the Fund is \$98K.



2012-13 40th Annual Polar Bear - Temperature Summary 6AM NOAA FTPCI

December 21, 2012 Friday , Sunrise 7:21, Sunset 4:54
Water Temp 54.9, Air Temp 54, Combined 108.9

March 21, 2013 Thursday, Sunrise 7:11, Sunset 7:23
Water Temp 52.3, Air Temp 47.3, Combined, 99.6

Air Temp Range: 39.4(2/20) to 56.5(2/15) 17.1 Diff

Water Temp Range: **49.5(1/22)** to 54.9(12/21) 5.4 Diff

Combined Temp Range: 90.3(2/20) to 108.9(12/21) 18.6 Diff

Biggest water temp drop in any one week; 12/21-12/28 - 54.9 to 52.9....2 degrees Diff

Coldest air temp with windchill; 1/12, 36.3 degrees

61days/67% combined temp went under the Huang Index of 100 degrees

Only 1 day when water temp went under the Mendoza Line of 50 degrees

Commentary: Winter swimming at 6am generally experiences "calmer" water conditions than later in the day, though many can attest that it is overall colder with occasional visits of white frost on the deck and having the foot bath occasionally iced over. Water temperatures can "warm up" with a differential of 1.2 degrees by late afternoon, however, conditions can be windier and choppier. It is also recognized that the flag, known as no man's land during the winter always experiences the coldest water temperature in the cove how ever it is measured. 253 PB participants/-45% completed

-Compiled by Vincent Huang

The Sissification of the Dolphin Club

- Tom Silk

My law firm (then Silk and Marois) was located in the old brick Wharfside Building, on the corner of Hyde and Beach, now the Argonaut Hotel. We had the good fortune to occupy offices on the west side of the building overlooking Aquatic Park with an unobstructed view of the horizon, the iconic Golden Gate Bridge, and the, then, three swimming and rowing clubs.

I had gotten to know Gordon Cook, an internationally renowned artist who taught at the San Francisco Art Institute and who was then President of the Dolphin Club. We met when we were both dating women who rented apartments on Water Street, in a building owned by Zach Stewart, a rower, an architect and partner with Dan Osborne, also an architect, a superb swimmer and also a Dolphin Club member.

I learned that the Club had a handball court, and I was then playing handball at courts across town. Now, with all these new friends, I joined the Dolphin Club to play handball at a court closer to my office.

When the lawsuit was filed to open the Club to women, Gordon asked me to represent the Club. I agreed to do so.

My first action was to gather information about how the Club had handled other crises over its 99 years of

existence. So I decided to seek out the eldest member of the Dolphin Club to interview. My meeting with Lawton Hughes took place in the Club's sauna in 1976. I have thought of it ever since as the Hughes History of the Feminization at the Dolphin Club. It went something like this.

Tom: Lawton, it is fair to say that this lawsuit seeking to compel the Club to admit women has caused a crisis here among the members. Can you recall any earlier crises the Club has faced?

Lawton: Yes. There were several. I joined the Club 'in ought eight' (1908). The first crisis I knew about happened about two years later. The Club was then at the foot of Van Ness, where the Municipal Pier is now. Neighbors complained because the men were swimming nude, above the waist. They demanded we wear shirts. The sissies won that one.

Was there a later incident?

Yes. In the 20s, hot water became accessible in building water pipes. Some members pushed for hot water showers.

The sissies won that one.

A third example?

That was in the 50s, when saunas became popular. Members voted to

add a sauna to the Club. And, as we see, the sissies won that one.

Tom: And your prediction about the outcome of this current lawsuit to admit women?

Lawton: The sissies will win this one, too."

My second action was to pay a visit to the County Recorder's office to check the title to the real estate occupied by the Club. At the time, opinion was divided. One group of directors (probably the largest) believed that when the City moved the Club to Aquatic Park from the land it occupied at the foot of Van Ness, the City did a swap, exchanging the City land at Aquatic Park, onto which the Club building was moved, for the Club's Van Ness parcel. Another group thought the City owned the land now occupied by the Club. Turned out the latter group was correct. Title to the land was held by the City.

I notified Gordon, by letter, of my discovery and advised that, in my view, the constitution bars discrimination based on race or gender on public land. Since the Club sits on public land, the Club could not bar women from membership. Gordon reported that the initial response of the Board was for us to tell the City "to go f*** themselves."

And I was fired.

Masters Nationals 2012

-Joe Abrams



Photo Sports Graphics

Joe Abrams (Dolphin) and Marcus Doesserich (Pacific Rowing Club) race 2012 Masters Nationals

Driving West on I-90 in our oversized rental car, three thousand miles away from home, we were enjoying the freedom of a four-day road trip. My partner Marcus Doesserich was his usual jovial, chatty self — the perfect antidote to my anxiety. We were both still tired, feeling the effects of our red-eye flight two nights earlier, and it didn't help that Marcus had stayed up till 4 am last night finishing up a project for work. But, after several cups of coffee, this morning's trip from Cambridge to Worcester was going by quickly, discussing our racing strategy. In truth, we knew exactly what we needed to do. Hundreds of hours and countless loops on our San Francisco lake had prepared us for this trip to take on the fastest boats in the country.

There were almost two thousand boats entered this year at Nationals, from all across the country, the largest

turnout ever. The forecast called for high winds and thunderstorms in the afternoon, 90 degree heat and 90 percent humidity — so different from the cool, foggy Lake Merced we trained on back home. But in the morning calm before the impending storm, the water on Lake Quinsigamond was still smooth and flat, with just a slight cross-headwind.

A few hours later, we were paddling out to the starting line for our first qualifying heat. It felt good to be back in the *Filippi*, our brand new white shell with the sleek blue racing stripes. It had survived the long trip without a scratch. Having our own boat with us, especially a fast one, was a huge advantage in a sport where tenths of a second can make the difference.

Pre-race adrenaline was now displacing the butterflies, Power bars and Gatorade. We contemplated the pain that lay ahead: 1000 meters

in roughly 120 all-out individual strokes. For the first 250 meters, our oars would feel light and our legs elastic; by 500 meters we would begin to doubt our stamina — legs would stop compressing all the way and lungs would need twice as many breaths per stroke. At 750 meters, with just 30 strokes to go, the moment when we would have to take the stroke rate up for the final sprint, there would be only one thought on each of our minds: "Can I make it?" Every stroke would feel like a race unto itself.

As we waited in the staging area, I quietly recited our race strategy one last time: "...30 strokes high and hard off the start, settle down for 30, squeeze 10 hard at 500M, 20 more for boat run, then up 2 beats every 10 strokes for the last 250M." If we did this right, like we'd been doing in practice for months, we knew we could win...

"Five minutes till the Men's Masters "A" double, Heat #1... Gentlemen, you may enter the starting area." Along with the five other crews in our heat, we gently backed our boats into the waiting hands of the volunteers who would keep our shells aligned until the start. "Your bow's drifting to starboard," our holder pointed out. So Marcus, whose job in bow was to steer, took little tapping strokes to bring us back to center. As bowman, it was also Marcus' job to keep an eye on the competition and call out the race plan during the race. My job in stern was simple: hold a consistent stroke rate throughout. By nature, I am eager to bark out commands and prone to panicking, while Marcus is the opposite and prone to daydreaming: the role reversal in our boat worked very well for us, forcing Marcus to stay alert and me to stay calm.

Just before polling the crews, the race official high atop the starting tower boomed out: "Gentlemen, we may not get a Final in this afternoon, if the storms come. So row this heat like it's a Final. The fastest heat time may determine the actual winner."

We were in Lane 1. Our bow was perfectly pointed. "All boats, we have alignment." Marcus stopped tapping. The starter began polling the crews: "...DOLPH/PAC, Lincoln Park, CBC/Union, Community A, Community B...Attention...Go!" We were off.

The first 6 strokes were quick, effortless, clean, the kind of acceleration that made each stroke feel light, and after 30 strokes we were in the lead...opening up a comfortable margin. We were steering perfectly down the center of the lane – no wasted time or energy correcting our course. At 750M I called our final 30 sprint - "Up 2" - imagining we were neck and neck with some other crew and hoping Marcus would respond to this imaginary challenge to squeeze out our best possible time. When the horn sounded, we had crossed the line with the fastest time of either heat – a huge 9 second margin. Despite the headwind, our winning time of 3:33 was only 5 seconds slower than our previous best. The younger "A" crews

we'd just beaten seemed somewhat startled at the huge margin of victory.

A few hours later, jet lag fatigue was finally catching up with us. Fortunately, we'd found a group of fellow rowers from the West who invited us to relax and recharge on some lawn chairs under their large canopied shelter. As our Final race time drew near, so did the predicted squalls from the North now moving into the area. Within minutes the skies opened up and we scrambled to put on warmer rain gear and push lawn chairs to the center of the overhead tarp. Occasional gusts would send sheets of water tumbling off a neighboring shelter's canopy. At the first clap of thunder, we exhaled. We knew our day was over. The afternoon races were canceled and we were declared the winner of the Men's "A" Final. Now we could conserve our energy, eat and sleep, and be ready for the more important race the next day — the race we'd flown 3000 miles for: the Men's "C" double, featuring the fastest doubles in the country.

The Big Day

The next day, Saturday, we were well rested and on the road early since our first heat was one of the first events. To reach our goal of medaling at Nationals in the "C" event, we'd need to survive not one but two rounds of heats and a final — three races in a seven hour span and all in high heat and humidity. There were 23 crews entered for the "C" event, twice as many as the "A" event; and the "C" crews would also be much faster than the previous day's "A"s; and, on average, 10 seconds faster based on the previous year's "C" times at Nationals. "C" means guys 43-49 whereas "A" means 27-34. But in masters sculling, youth counts less than experience when it comes to producing fast times on the water.

The top 3 boats from each heat would make it through to a semi-final and then the top 3 from each semi would qualify for a 6 boat Final. Complicating our racing strategy was the unpredictable weather with a 45 percent chance of lightning, so each race might be our last, which meant we couldn't slack off and cruise into

3rd place just to qualify: again we would have to race as if each race was our last. We also knew that although our time of 3:33 in the "A" event the day before was not a bad time, we'd need to go sub 3:30 in possibly all 3 rounds today. There was only one problem, Marcus and I had never gone below 3:30 without a strong tailwind.

For the first heat, conditions were perfect. An overcast sky had kept temperatures in the low 80s and no wind. As the starter polled the crews, I knew that the 2 crews besides us were very fast: Lincoln Park (Chicago) and Texas Rowing Club looked big and fit, and both had done well the previous year. I told Marcus to keep an eye on them and counter any moves they might make with our own.

"Attention...Go!" Off the start, we found ourselves trailing within the first 10 strokes to both Lincoln Park and Texas. This wasn't totally unexpected. We tended to favor smooth starts that emphasized timing versus power in order to conserve energy and then ramp up gradually to race pace.

Approaching 250M after the first 30 strokes, I glanced down at our Speedcoach display and saw 35 strokes per minute (spm) - 1 beat higher than our planned 34. What to do? Might affect our endurance later on... Just let it go. We were moving nicely and closing in on the other boats. At 500M, we had opened up a half boat length lead on all other boats and by 750M were up by 2 lengths and in control. We crossed the line comfortably ahead of 2nd place by 4 seconds rowing at a controlled and relaxed 32 spm. We had gambled that the weather would hold up for at least one more round and had conserved our energy for what would no doubt be an even tougher semi.

1 Down, 2 to Go...

As we paddled back in to the docks, we felt very good. Just two more races to go. We recharged under the Berkeley tent, receiving congratulations from our neighbors. To our amazement, we had clocked in at a personal best: 3:24 - the 2nd fastest time of all 23 boats. The fastest boat, only two seconds faster than our time, had come out of a much more

highly contested heat than we had, in which four boats had all pushed each other for the top three slots. Translated, we just might achieve our goal of medaling at Nationals if we could keep up the speed throughout the day. But, we also knew that many fast boats don't reveal their best speed until they have to.

In our semi-final race we were assigned lane 3 - a center lane reserved for previous heat winners. If we hadn't been noticed before, we were definitely being noticed by the other crews now. The wind had picked up and, by the time we were locked into our stake boat, there was a distinct cross-headwind from port pushing our bow towards lane 2 to our left. As Marcus began tapping his starboard blade to correct, I looked over at the Potomac/Undine crew to our right in lane 4 - they were former US National team rowers back in the 80s and potential medal contenders today. Next to them was a powerful duo from Atlanta Rowing Club with a 6'7" sculler who was currently one of the top 10 fastest age 40+ scullers in the country. I turned to Marcus: "I'm gonna take it up a bit higher off the start this time...we can't let anyone get an early lead on us like last race." Marcus nodded.

The starter's flag was up, Marcus stopped tapping. Just then a port-side gust pushed our bow to starboard. "Attention...Go!"

Our first few strokes were quick and strong. The boat jumped forward at the start along with all the other quick boats off the line, and we knew we were right in the mix. But, within 5 strokes we were already drifting - our starboard oars were catching on the wrong side of the lane markers in lane 2. I shouted "Starboard!" to signal to Marcus that we both needed to start tugging harder on starboard side to correct. Too late, our bow had now crossed the lane markers and we were in Lane 2. The referee in the near chase boat sped up behind and flagged us to move back over. Had the crew in lane 2 been any faster off the start when we steered into their lane, we could have been disqualified for interference. Fortunately they weren't, and we were allowed to continue.

After a few more hard pulls on starboard, we were back in lane 3, lucky not to have caught a blade on a lane marker, which could easily have knocked the oar loose from our grip and forced us to stop rowing or worse. Having avoided our first major catastrophe, we were again swinging well. I surveyed the field and saw that, despite our early steering gaffe, we were right in the mix, perhaps 3rd place.

At 500M Marcus called out our "squeeze 10", and we pried slowly away from the Atlanta crew. But the guys from Potomac were still hanging in there; so at 750M we started our last 30 stroke sprint sequence up 2 beats/up 2 beats/up 2 beats and surged farther ahead with each 10 stroke burst. Potomac's stroke looked over as if to say, "you got us" and never answered with his own sprint. We crossed the line 2 seconds ahead in a very respectable time of 3:29, and that turned out to be the fastest time of either semi-final heat, despite the headwind and our poor steering.

The Final

Back to our LaFuma lawn chairs, Gatorade and protein bars. The weather was holding up after all, so we knew there would be a 3rd race, the Final, in less than 2 hours. Try to rest...

Forty minutes before the start of the race we walked our boat down to the docks and paddled out for our warm-up. As we walked up the hill to fetch the *Filippi* one last time, the sun had broken out: 82 degrees and 90% humidity according to my iPhone. As we stood in the long boat queue waiting our turn to debark, the fastest guys from the morning heat approached. "Hey, where are you guys from? San Fran? You're really flying out there today. Well, good luck to you guys. One thing's for sure, this will be the most painful race any of us have had in a long time."

He hadn't said "fun." He said "painful." Marcus and I didn't need to be reminded. Pain was the common denominator in our sport. Something we all dreaded and yet subjected ourselves to over and over again for

the prospect of glory and the thrill of competition. It was good to know that our competition was human after all, and they had noticed that we had raised the bar.

Locked in once again to the stake boat in Lane 3, I surveyed the elite field one last time. We were the only guys here without any National Team pedigree. In lane 1 was the Atlanta crew with the 6'7" sculler who had placed 3rd in our Semi. In lane 2 was Cambridge, one of the pre-race favorites to win it all. In lane 4 were the silver medalists from the previous year, our new friends from Narragansett with the fastest time earlier that day. In lane 5 were the guys from Potomac who hadn't shown us their sprint in the semi-final, and in lane 6 were the always dangerous duo from Union with a two-time Olympic silver medalist in bow.

The afternoon wind had shifted from cross to head-on, ensuring that this would be the slowest race of the day and the most grueling. No need for Marcus to tap in bow. Just stay loose. Exhale. This is why we came... "Attention...Go!"

In our excitement off the start, our rate was higher than normal. We settled to 36spm, 2 beats higher than our semi and yet, despite the higher rate, after 250M we were still only holding even with the other crews. In the next 250M we began to notice some separation, as the other crews settled to a lower stroke rate and I stubbornly kept plugging along at a higher clip. To my surprise, at the 500M half-way buoy we were clearly in the lead, up by about a boat length on the nearest crew. But the strong headwind had taken a toll, already adding a precious few seconds to the race duration. How much was left in the tank?

Despite the fatigue, we were rowing well, swinging through the headwind, and our "squeeze 10" had helped us pry away from the boats in Lane 1 and 2 while staving off any challenges from the other 3 boats to our right who were closely pursuing us through 600M. Our stroke rate had drifted down to a 33, but with about 350M left to go, we could taste victory. The finish line crowds began

to roar when they saw a 4 boat race winding up for the final sprint. Then I heard something unexpected, guttural, from way across in Lane 6... "Go-o-o-o." It was Union's bowman, exhorting his stroke to take it up.

What to do? We knew we always had 30 more strokes left in the tank whenever we got to 250M, but not necessarily 40 from 350M. Lane 5 Potomac had also gone on "Go" with lane 6, and they now seemed to be over-rating us, crawling back into a tie with us. They must have been at 36spm or higher into a hard headwind. I knew we couldn't wait for our first "Up 2" at 250M, so I shouted "UP" with 300M

to go (5 strokes early) and we began our sprint, straining into the headwind. We'd spent more energy in the first half of the race than the other two challengers by holding our rate higher...I wondered how we could keep it together and go any faster.

I looked down at our Speedcoach and saw that we'd managed to take the rate up to 35.5spm, but lanes 5 and 6 were now neck and neck with us.

The dreaded pain had been a constant ever since 250M. It had crept in slowly, inch by inch and breath by breath. We'd been gradually shortening our leg compression to lessen the strain of each stroke without slowing the rate, but there was no hiding from the pain or shortness of breath. By 750M, legs were screaming from lactate, lungs were burning and arms felt like lead weights. The thought of even one more stroke seemed impossible let alone 30 more, and yet each of the next 30 would need to be slightly more powerful than the

one preceding. Fear that we might fail to complete what we had begun was motivating us through this abyss and on to the finish line.

By 850M, lane 4 was now in the mix. They had a ferocious sprint and were pulling up to us. A quick peek to my right revealed that we had now slipped into 2nd or 3rd place by a few feet and that Lane 4 was now challenging us for the final medal. One final push... "UP 2"... last 10... maybe we could steal that medal after all. Dig. Dig deeper... The horn sounded: "Beep-Beep-Beep-Beep." Normally there's a slight pause between beeps at the finish line, but not this time. We'd



Illustration: Bryan Kitch

'Up two!'

all crossed virtually together.

Exhausted, panting, still drifting downstream from the final stroke's momentum, we gasped for air and called out "great race" to each other, and the other boats. No one knew who'd won. But, a minute later, as we approached the dock, the final results were announced. "1st place Potomac/Undine, 2nd Place, Union, 3rd place, DOLPH/PAC." The top four crews had finished within 1.4 seconds of each other. While we were frustrated not to have won, not to have gambled a bit more with our fitness and begun our sprint five strokes earlier, we knew we had just raced the best race of our lives.

As we soaked in the euphoria of medaling at Nationals and slowly

de-rigged the Filippi for the long trip back home, the 1st and 4th place crews walked up to us to introduce themselves, shake our hands and revel in what had been the best race any of us could remember being part of in a long time. We were congratulated for having beaten out some very fast and favored crews and for pushing others to their limit. It was a nice moment of recognition by our Eastern peers.

All good things...

Three months later, Marcus and I are still talking about the races over beers, reliving the "A" Gold and the "C" Bronze, the 120 strokes, the "what ifs" and the "We really did it." The medals hang in a display case in the Dolphin Club back home along with a banner, a gift from Marcus' club, the Pacific Rowing Club, to honor the success and the collaboration.

Not long after we'd returned to our normal lives and training routine, hoping to keep a good thing going for the 5K racing season in our double in the Fall, Marcus broke the news that

he and his family would be moving to Washington, DC at the end of the year. In the back of my mind, I'd always wondered what life would be like without our weekly training routine, without our regular Thursday evening post-training beers and pizza at the local pub, without weekend paddle battles followed by leisurely coffee. With the end now in sight, we were grateful to have seized the moment when we did. But after all the reflection and all the rumination, I realize now that it wasn't just about winning or even competing that drove us to go to Nationals. It was about sharing the moment with a best friend...something that we will always cherish.



Old Timers 2013

All photos by John Perino



Life Members with 50 or more years of membership



2013 New Life Members

Dolphin Log Articles Written by Walter Schneebeil

Compiled by Rich Cooper

For more than a quarter of a century, Walt Schneebeil has been the author or a major contributor of interesting articles about Dolphin Club history. In addition to the list below, he has provided many other stories and photographs that have enhanced nearly every issue of the *Dolphin Log*. Walt, keep up the good work!

Year	Issue	Pages	Title/Description
1982	August	12-13	Coach Lawton C. Hughes, Dolphin Legend
1983	October	2	A Bit of Club History, A Look Back on the 50th Anniversary
1986	Spring	8-9	Founder John Wieland Remembered
1988	Winter	5	Life Membership List, Current and Past
1988	Summer	7	The Eternal Timer – Frank C. Staib
1988	Autumn	5	Keenan, Generous Benefactor
1989	Winter	4	Club Treasures Its Golden Dolphins
1989	Spring	5	“Brine Indulgents” Fast Pace in 1917 (1st Club Gate Swim)
1989	Summer	5,7	Golden Gate First Conquered in 1890’s
1989	December	5	A Look at the “Other” Quake (Club Survives in 1906)
1990	March	6-7	Old Timers Dinner, Then (1960) and Now (1990)
1990	June	5	50 Years Ago – 23rd Annual Golden Gate Swim
1990	September	6-7	100 Years Ago – Competition in Rowing Was Keen
1991	Spring	4	Cronin Centennial Anniversary Coincides with Mennucci’s 50 Year Milestone
1991	Summer	5	40 Years Ago – Golden Gate Swim - Walt, et al
1991	Fall	3	Club’s First Organized Alcatraz Swim - 1960
1992	Winter	5	Dolphin Soldiers Meet During WWII (Desmond & Herms)
1992	Winter	5	Surprise Donation Enhances Club’s Rich Historical Collection (Henry W. Koch)
1992	Spring	2-3	Surprisingly, First Woman Dolphin Joined in the 40’s
1992	Summer	5	100 Years Ago – Bizarre Events of 1892
1992	Fall	6-7	Dolphins Win Their First Pacific Amateur Rowing Assoc. Regatta Race, 1879
1992	Winter	5	A Rare Find Reveals Details of <u>Wieland</u> Origins – 1894 Article
1993	Spring	3	An Important Early Bay Swim, 1883
1993	Fall	5	Dolphin Second Ever to Conquer Golden Gate, 1897, Caughlan
1994	Spring	10	100 Years Ago – Rowing Season Opening, 1894
1994	Summer	8	40 Years Ago – A Golden Gate Swim in 1954
1994	Winter	8	Origins (of the Club’s Founding Members)
1995	Summer	3	Old Dolphin Boathouse Discovered (at 872 North Point Street)
1995	Spring	12-13	Life Member List, 1877-1995
1996	Fall	11	1st SF - Oakland Swim, 1882 (duplicated in 1996 by 13 yr old Dolphin, Andy Pinetti)
1998	Summer	4	50 Years Ago – The Keenan Room Was Born
1999	Winter	5	Annual Hike & Dip at Ocean Beach 1909 (Discontinued 1967)
1999	Spring	4-8	Dolphin Log – The First Fifty Years
1999	Summer	4-6	The Dolphin Fleet – People & History Behind Our Boats
2000	Summer	6	Yacht Ride and Clam Bake, 1907
2000	Summer	Back	Hike & Dip – 1947 Photo
2000	Fall	6-7	50 Years Ago – Golden Gate Swim in 1950
2001	Spring	4	The Day We Almost Lost the <u>Wieland</u> , 1952
2001	Winter	19	1st Diamond Dolphin Located (Gerald Murray joined in 1925)
2002	Spring	18-19	Club Celebrates 125 Years (History & Timeline)
2002	Summer	4-5	Jimmy Cronin, 65 Year Club Sparkplug
2004	Winter	10-11	The Annual Hike & Dip – Held for 77 Years
2005	Spring	2-3	Some Things Never Change – The Scene in 1877
2006	Fall	10-11	A Letter to Polywogs – Club Initiations Prior to 1960
2007	Spring	10	Learn How to Swim – 1893 SF Chronicle Article
2007	Summer	8-9	100 Years Ago Today – Club Clambake in 1907
2008	Spring	5	First Over 60 Cove Swim – May 19, 1974
2009	Summer	2	Once Around the Cove – Aquatic Park History
2010	Summer	10	Emil Kehrlein, First President (1877-1878)
2011	Spring	8-9	John Wieland (1829-1885), Club Founder
2012	Summer	15	Anita Day Hubbard (1889-1965), First Female Dolphin

A reminder that Walt’s articles can be read by accessing the online Dolphin Log collection (1949 to 2012). Begin at our club website www.DolphinClub.org and then click on the link “Dolphin Club Archives.” This transfers you to the Archive site and shows a list of files or “books.” If you then click on a book’s title (the first line) you’ll get its title page. On the left side of the title page is a box “View the Book.” Click on “Read Online” and you’ll see the actual pages of text.

Far and away the biggest news item for the rowing community at the Club during the first few months of this year was the recent announcement of a magnanimous gift of a new Whitehall rowing single, to be built by our boat builder, Jon Bielinski, and presented to the club in 2014. The donor of this very special and most generous gift is Don Reid, a very active and long-standing Life Member. This gift, combined with the recent gift of the Whitehall Kapuna to the club by Peter Butler, which was also built by Jon, will constitute a tremendous addition to our boat fleet, and will give countless hours of rowing pleasure to our members for many years. It is extraordinary gifts like these that will take us so far into the future and go a long way to giving the club its identity. These are boats we would probably never have without the generosity and spirit of these special members.

Another auspicious and promising development is the significant number of new members who, over the past four or five months, have expressed a particular interest in the rowing program and in helping out as pilots for our swims. Many of these new members have had a lot of rowing experience, in both shells and wooden boats.

Boat Night will be a busy place during 2013 as Jon and his crew have a jam-packed schedule for the entire year. The general plan is to clear out the boatshop of its current work, then prepare for a complete refinishing of all three of our heavy doubles. A tall order for one year! Plus, there is some significant repair work to be done on the Viking double, and then there is the almost limitless list of miscellaneous projects, repairs, and upgrades that are continuously carried out to keep our fleet in first-class condition. Then we start the regular three-per-year cycle of re-varnishing our wooden singles. The next two years are already booked, and Boat Night help is always sought after! Jon can use every hand and back he can round up, while Connie and the crew in the kitchen are always ready to cook. Our Boat Night dinners have been averaging around 30 people. Everyone's invited!

A number of other projects are in the works. We are looking into some kind of regular maintenance program for our five ergs, which urgently need help. We also want to have more club rowing events. Among them are a breakfast row to Red's Java House sometime in April, and a breakfast row to Sam's in Tiburon in May or June. And we are talking about lining up several boats to participate in the Open Wa-

ter Regatta next month in Sausalito. Jon has some new ideas for the Sacramento River and Petaluma River rows in the fall. Then, of course, there is our annual competition with the SERC next door. We are also putting together outings to the Vessel Traffic Center and to the Bay Model. Both are great events.

Most of you probably know that we recently began a morning row on the fourth Thursday of the month, primarily aimed at newer rowers who may want to go out a few times with other people to help get over that hump of braving the waters of the Bay alone. We use singles and doubles, and the row is timed to follow the monthly training session put on by Reuben Hechanova. We are back at the dock by about 8:30--in time to go to work.

We also have another boathouse at Lake Merced where we are always looking for new shell rowers. There's

plenty of help available for anyone interested.

We just picked up a fourth motorized craft to help with the swims. Barry Christian and JD Durst and their crew are looking for people who would like to train to skipper all these vessels.

In short, there is no limit to the activity on the boating side of the club, and all the regular rowers are ready and anxious to help new people who want to get involved. Stop by on one of those fourth-Thursday mornings and take a look.

And if anyone should scream at you at the end of some busy, hectic, wretched day at work, "Ahhhh, go row a boat," you have just the perfect place!

-John Blackman



Boat Captain John Blackman



Swim Commissioner's Report:

The 2013 Dolphin Club swim season is off to a great start. This year the water temperature has been hovering around 50°F, which is a little colder than recent winters. Nevertheless, DC swimmers are relentlessly marking off their polar bear miles. There is a project underway by Pete Perez to try to match the club record for most polar bear miles. He made it! See cover. (356 -about 420 swims!) Joe Illick is also trying to hold on to his winning streak for his eponymous award. He failed. See Pete Perez.

The New Year's Day Alcatraz swim was held on a blustery Jan 1st morning with some good-sized waves. It was run on a low tide, which is the reverse of the usual high tide jump. Some swimmers (and pilots) were a little alarmed and confused when they ended up west of the opening only to be pushed back by the growing flood.

The Blue and Gold Fleet again hosted us on their Pier 41 for our swim in January, which featured the usual cast of intrepid swimmers plus some new faces. The Dick Beeler Crazy Cove swim in February was made for our photogenic colleagues. Pairs of swimmers sprinted out the side gate of the club to hunt for hats, necklaces, and swag. They then had to convince a tourist to join them in an al fresco photo session on the beach. The scene was like an impromptu beach party. The tourists were into it, clicking away with their cameras. They were particularly startled when the swimmers then dove into the bay and swam out to the opening. At the end of the Muni pier Virginie Jabbour was busy photographing the teams as they hammed it up near the entrance buoy (see opposite). As the pairs of swimmers crossed the finish line there were more photo ops.

I wanted to highlight a few events in this year's Swim Calendar. This June 23rd is the SE-DC LGBT Pride Swim and everyone is welcome. It is a great way to celebrate the diversity of our city and it is a short, untimed swim that is perfect for swimmers who do not have much experience swimming out in the bay. Last year's swim was a lot of fun. People dressed up in rainbow colors (or not), and drifted and swam back to the cove on the flood tide escorted by a flotilla of decorated rowboats and kayaks. Swim aids such as wet suits and fins are allowed.

We have a new event this year, the Under 30 Swim on July 28th. Whereas many swimmers and rowers find the Dolphin Club on their own, some of our membership joined because their parents and grandparents were members and it was a natural progression to put down the sand pail and jump in the water. The Under 30 swim is a chance for young people to get together and do a swim in the cove. We'll have swims for every ability. Frolicking in the shallow water or a swim to the end of the DC pier and back for the beginners. There will be longer courses for the more experienced teenagers and 20-somethings. So no matter how you found the club, come on down. Meet your peers/ piers. Parents bring your kids. They're our next generation of Dolphins!

-Doug James for Virginie Jabbour and Erik Cufino

DOLPHIN LOG SWIM STATISTICS

New Year's Day

Cove Swim

JANUARY 1, 2013

Swimmers not participating in the SERC-sponsored New Year's Day Alcatraz swim swam several different courses within the cove:

Joni Beemsterboer 14:50
Era Osibe 17:35
Michael Coniglia 18:20
Susan Lauritzen 21:25
Roxy Phifer 21:28
Sue Garfield 24:45
Pavla Podolska 28:30

Helpers: Janice Wood, Doug James, Andrew Cassidy

Pier 41 Swim

JANUARY 19, 2013

Place	Name	Time	Pilots:
1	Brendan Crow	19:50	Marcus Auerbuch,
2	Virginie Jabbour	20:55	Emily Roth, William Frey,
3	Laura Zovickian	21:15	Diane Walton, Phillip
4	Stephen Schatz	21:51	Rollins, Brian Kiernan, Sam
5	Randy Edwards	23:20	Ferguson, Nancy Hornor,
6	Victor Critchfield	23:26	Robert Weil, John Blackman,
7	Brian Fitzgibbons	23:35	Jim Frew, Liz Kantor, Daniel
8	Peter Bartu	23:52	Osborne, Barry Christian,
9	John Nogue	23:55	David McGuire, J.D. Durst,
9	Megan Wachs	23:55	Doug James, Mary Magocsy,
11	Duke Dahlin	24:13	Jill Fleming, Robert Mackey,
12	Cesar Manzano	24:43	Jay Dean, Patrick Torre,
13	Jesse Czelusta	25:20	Don Harrison, Jean Allan,
14	Keith Gray	25:29	Terry Horn, Barbara Byrnes,
15	Joel Bleskacek	25:30	Chris Helpers: Pam Derks,
16	Mickey Lavelle	25:33	Jodie Heng, Sue Garfield,
17	George Chamales	25:57	Lolly Lewis, Andrew Cassidy,
18	Morgan Kulla	26:21	Holly Reed, Roxy Phifer,
19	Paige Czelusta	26:38	Jane Mermelstein, John
20	Joe Spallone	26:41	Blackman, Polly Rose, Brian
21	Sean Lavelle	26:42	Gilbert, Susan J. Allen, Doug
22	Kate Coleman	27:11	James, Sky Stanfield, Janice
23	Bill Burke	27:17	Wood, Daragh Powers, Lorna
24	Andy Stone	27:25	Newlin, Laura Atkins, Lisa
25	Robert Cable	27:37	Newman-Wise, Hal Offen,
26	Jay Adams	28:24	Kevin O'Connor, Arnle
27	Gretchen Coffman	28:26	Thompson, Susan M Allen,
28	Neal Powers	28:47	Morgan Kulla Test Swim:
29	Jim Frew	29:03	Doug James, Hal Offen, Joe
30	Dan Brinkley	29:21	Illick, George Chamales, Jim
31	Dean Badessa	29:36	Frew, John Blackman, Liz
31	Ken Coren	29:36	Kantor, Daniel Osborne, Will
33	Julian Sapirstein	29:40	Powning
34	Ted Tilles	29:42	
35	John Hornor	30:52	
36	Jackie McEvoy	32:10	
37	Jeff Russell	32:49	
38	Maksim Naumov	33:10	
39	Will Powning	34:04	
40	Garrell Herndon	34:10	
41	Robin Rome	34:32	
41	Joe Gannon	34:14	
43	Kent Myers	35:08	
44	Kelley Mullin	36:24	
45	Joe Mannion	39:41	
46	Mary Shea	45:33	

Dick Beeler Crazy Cove

FEBRUARY 24, 2013

Swimmers were in teams of two, so the first place went to the first team of two, next to the next team, etc.

SWIMMERS:

1 John Nogue 18:11
1 Michael Caniglia 18:11
2 Zebran Lemke 18:17
2 Norm Hantzsche 18:17

DOLPHIN LOG SWIM STATISTICS

Photo Virginie Jabbour



Crazy swimmers at the Crazy Cove Swim

3 Nancy Hornor	19:11
3 Stephen Schatz	19:11
4 Dan Brinkley	19:29
4 Megan Wachs	19:29
5 Liam Hennessy	19:39
5 Peter Cullinan	19:39
6 John Hornor	20:01
6 Terry Horn	20:01
7 Robert Cable	20:44
7 Andy Stone	20:44
8 Gretchen Coffman	20:49

8 David Nosrati	20:49
9 Hal Offen	20:56
9 Peter Bartu	20:56
10 David Wild	21:21
10 Era Osibe	21:21
11 Kevin O'Connor	22:52
11 Mary Barnes	22:52
12 Mickey Lavelle	24:12
12 Beth Stein	24:12
Pilot: Brian Kiernan	Helpers:
John Nogue, Robert Cable,	

Nancy Hornor, John Hornor, Kevin O'Connor, Hal Offen, Andy Stone, Peter Cullinan, Jodie Heng, Eric Shupert, Polly Rose, Doug James, Tom Nuckton, Roxy Phifer, Morgan Kulla, Brian Gilbert, Janice Wood, Nancy Friedman, Jesse Czelusta, Paige Czelusta, Sue Garfield, Andrew Cassidy, Erik Cufino, Virginie Jabbour, Stephen Schatz, Anne Sasaki, Susan M. Allen
Lorenzo Caniglia - starter

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DOLPHIN LOG SWIM STATISTICS

Pier 39 Swim

MARCH 17, 2013

Place	Name	Time
1	Brendan Crow	23:50
2	Virginie Jabbour	24:16
3	Tony Leonardini	24:35
4	Lisa Newman-Wise	24:44
5	Laura Zovickian	26:01
6	Stephen Schatz	26:50
7	Randy Edwards	27:16
8	Victor Critchfield	27:38
9	Peter Bartu	27:42
10	Nigel Killeen	28:01
11	Megan Wachs	28:20
12	Cesar Manzano	28:33
13	John Nogue	28:41
14	Nancy Cutler	28:43
15	Mickey Lavelle	29:50
16	Beth Stein	29:53
17	Clinton Hendler	29:55
18	Andy Stone	30:06
19	Morgan Kulla	30:20
20	George Morris	30:43
21	Charlie Cross	30:44
22	George Chamales	30:55
23	Kate Coleman	31:20
24	Madeline Eustis	31:21
25	Robert Cable	31:22
26	Phillip Rollins	31:28
27	Gretchen Coffman	31:37
28	Noe Lutz	31:45
29	Reto Auer	31:46
30	Joni Beemsterboer	31:50
31	Peter Cullinan	31:51
32	Roxy Phiher	32:05
33	Larry Scroggins	32:37
34	John Hornor	32:42
35	Katherine Orr	32:44
36	Nancy Hornor	32:47
37	Maksim Naumov	32:51
38	Michael Caniglia	33:16
39	Neal Powers	33:24
40	Eileen Buckley	33:32
41	Kerry Labelle	33:37
42	Pete Neubauer	34:13
43	Ted Tilles	35:10



Photo Rob Schroeder

Pier 41 swimmers take the plunge

44	Holly Reed	35:26
45	Hal Offen	35:38
46	Robin Rome	36:00
47	Kevin O'Connor	36:07
48	Jackie McEvoy	36:30
48	Frederick Eaton	36:30
50	Cheryl Wallace	37:25
51	Gabriella Cross	37:35
52	Garrell Herndon	37:40
53	Will Powning	38:54
54	Kelley Mullin	39:15
55	Deirdre Golani	39:26
56	Joe Mannion	41:06
Pilots: Jay Adams, Tom Nuckton, Ross Browne, Barry Christian, Jill Fleming, J.D. Durst, Terry Horn, Marcus Auerbuch, Liz Kantor, Bill Schroeder, Reuben Hechanova, Robert Weil, John Blackman, Jon Bielinski, Brian Kiernan, John Robiolu, David Zovickian, Tom Davis, Margaret Keenan, Diane Walton		
Helpers: Andrew Cassidy, Michael Caniglia, Doug James, Richard Haymes, John Hornor, Megan Wachs, Nancy Hornor, Jackie McEvoy, Peter Cullinan,		

Hal Offen, Nancy Cutler, Kevin O'Connor, Eric Shupert, Jeffrey Malley, King Sip, Sue Garfield, Rey Hassan, Janice Wood, Jodie Heng, Brian Gilbert, Natazha Bernie, Polly Rose, Susan M Allen, Keith Howell, Noe Lutz, Reto Auer, Neal Powers, Robert Cable, John Nogue, Pete Neubauer, George Chamales, Tony Leonardini, Daragh Powers

Pier 39 Test Swim

Tony	Leonardini	25:38
Peter	Bartu	27:40
Nancy	Cutler	28:02
Peter	Cullinan	31:52
Jay	Adams	32:35
Hal	Offen	36:47
Lolly	Lewis	41:10
Joe	Illick	41:10

Pilots: Liz Kantor, Virginie Jabbour, John Blackman, Barbara Byrnes, Jon Bielinski, John Nogue, Paul Irving, J.D. Durst, Will Powning, Brendan Crow, Lisa Newman-Wise, Diane Walton **Helpers:** Michael Caniglia, Doug James

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Hey Dolphins,

When you think of the Club, what do you see? Do you see the swimmer's path from locker room to beach, into the Cove (with or without the Larry Scroggins addition)? Or more a rower's vantage point, maybe from Bridge to Bridge? Or Club to Sacramento? Or maybe just kitchen to Staib Room? Does Alcatraz loom larger as you row toward it, or as you get ready to swim away from it? Are there critters in the water? Each of us has a territory that lies beneath the simple statement "I'm going to the Club." For some, it's place-based... for others, activity-based. For some, it is defined by the company we keep, and even when we keep it (Boat Night!). And all these ways of being a Dolphin exist together, with each piece making a stronger whole. It – YOU – just amaze me, over and over again.

Our shared map is a gorgeous tumultuous thing... with shifting boundaries and hundreds of angles in and around it. One of my big goals is to put a graphic representation together, over the year, of our experiences, of our place in the world. As Mary Magocsy said to Jay Dean, rowing back in from Alcatraz one Thursday morning as the skies exploded with color and the water gave it back, "We live in the Life of Pi!"

Speaking of the slightly surreal, after having the rare privilege at the Old Timers Lunch, of cheering for and honoring the women who broke the gender barrier here at the Club in 1977, one of my tablemates reached over the crab to introduce himself. "Hello" he said "I'm Tom Silk. I was the Club's attorney at the time". I braced myself, but he told me how he'd warned the then-Board they didn't have a leg, proverbial or otherwise, (see page 3) to stand on because they were operating on City property... and they fired him! He sent in a bill for his services, but told the Board he'd forego payment if they'd name the women's locker room after him....maybe we should.

One of the many things I'm lucky enough to be doing this year is expanding the context of Club for me, and, as you want it, for you too. The Marine Mammal Center, the SF Ocean Film Festival, Baykeeper, the Fisherman's

Wharf Community, the Park Service, GGNRA, Bay Lights, elite swimming and rowing organizations around the world, are only a few of the organizations that welcome us, that think of us as part of their worlds. Getting to learn a little bit from so many people whose lives are intertwined with the San Francisco Bay is an extraordinary opportunity for all of us. Let me know what you want to learn. I appreciate and need your help on many things--let me name just three!

Spring Cleaning, of course (April 27-28) and two longer-term projects- first, gathering your stories ... a Dolphin Club StoryCorps kind of thing... I produced a book on the boats while Boat Captain but the more I know, the more I hear, the more I want us to do a better job reflecting the uniqueness of our Club. If you have audio or video footage, photos or interest or thoughts on how best to gather and tell the stories, let

me know! Last, as always, I love to see more people on the water and I am getting some great feedback on how best to encourage youth rowing. Send any thoughts you have on that my way, too!

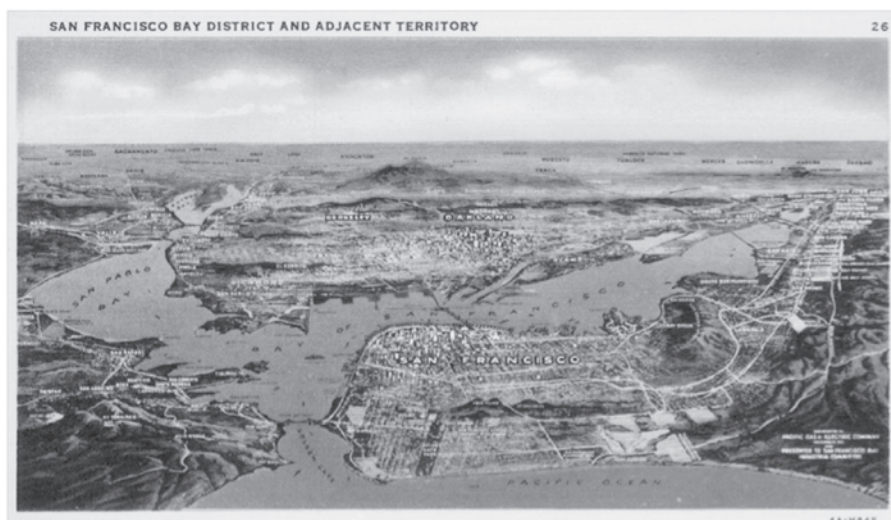
Enjoy the water, and each other.

-Diane Walton

photo Philip Coyle



2013 President, Diane Walton





The Dolphin Swimming
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2013 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Tue TBA	New Year's Day Alcatraz
Jan 1	Tue TBA	New Year's Day Cove Swim
Jan 19	Sat 9:10 am	*Pier 41
Feb 17	Sun TBA	Old Timer's Lunch
Feb 23	Sat 9:30 am	Dick Beeler Crazy Cove
Mar 17	Sun 7:40 am	*Pier 39
Mar 21	Thur 11:00 pm	End of Polar Bear
Apr 7	Sun 8:20 am	*Gas House Cove
Apr 27	Sat 11:00 am	*Yacht Harbor
May 4	Sat TBA	Rowers Dinner
May 25	Sat 10:00 am	*Crissy Field
Jun 1	Sat	100-Mile Swim Begins
Jun 1	Sat 3:15 pm	*Doc Howard Over 45 Gas House Cove
Jun 16	Sun 9:00 am	*Bay Bridge
Jun 23	Sun TBA	*SE/DC LGBT Pride Swim
Jul 20	Sat TBA	*Trans Tahoe Relay
Jul 28	Sun 9:30 am	Under 30 Cove Swim
Aug 3	Sat TBA	*Santa Cruz One Mile
Aug 11	Sun 11:00 am	Walt Schneebeil Over 60 Cove
Aug 18	Sun 7:15 am	*Fort Point
Sep 1	Sun 10:30 am	Alcatraz
Sep 15	Sun 9:25 am	Joe Bruno Golden Gate
Sep 28	Sat 8:30 am	Escape from Alcatraz Triathlon
Oct 19	Sat TBA/9:30	Dolphin/South End Triathlon
Oct 31	Thur	100-Mile Swim Ends
Nov 9	Sat TBA	Pilot Appreciation Dinner
Nov 28	Thur 9:00 am	Thanksgiving Day Cove
Nov 23	Fri	Grizzly Bear Challenge
Dec 21	Sat 9:00 am	New Year's Day Qualifier
Dec 21	Sat	Polar Bear Swim Begins
Dec 31	Sat 11:59 pm	Grizzly Bear Challenge Ends

ROWING TRAINING
These Saturdays as 9:00 am
January 19, Saturday
February 23, Saturday
March 23, Saturday
April 20, Saturday
May 18, Saturday
June 22, Saturday
July 20, Saturday
August 24, Saturday
September 21, Sunday
October 19, Saturday
November 23, Saturday
December 21, Saturday

Intro to bay swimming *usually*
offered Sunday after board
meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
6. Swim sign-up sheets are posted two weeks prior to each swim.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. * Indicates swim is a qualifier for Alcatraz and Golden Gate Swims

*All times are approximate & subject to change.
TBD means "to be determined".*

Alcatraz Island
1.4 miles

Fort Point
3.5 miles

Crissy Field
2.5 miles

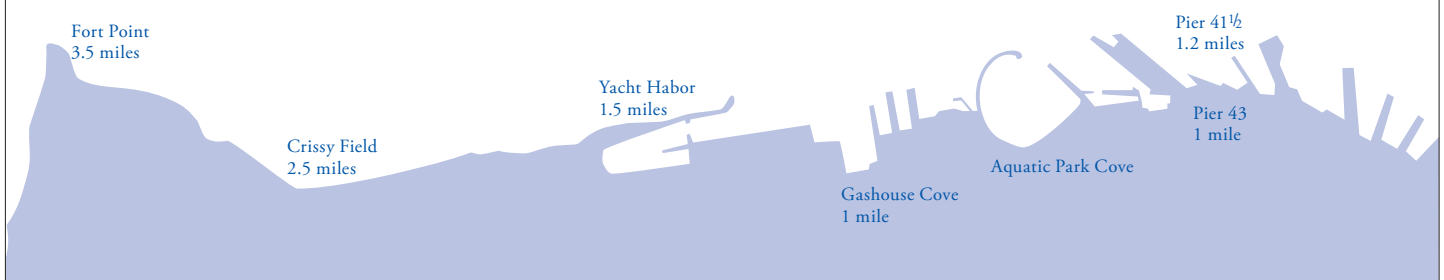
Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove

Pier 41 1/2
1.2 miles

Pier 43
1 mile



SUMMER 2013

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

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The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109
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Salmon Shark in Aquatic Park

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MC Printers
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Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

Two million meters—and counting



You've seen him on the deck, on the erg, rowing his daily 4,000 meters. That's Jerrold (Jerry) Jacoby, 4th generation San Francisco native, 31 year Dolphin life member.

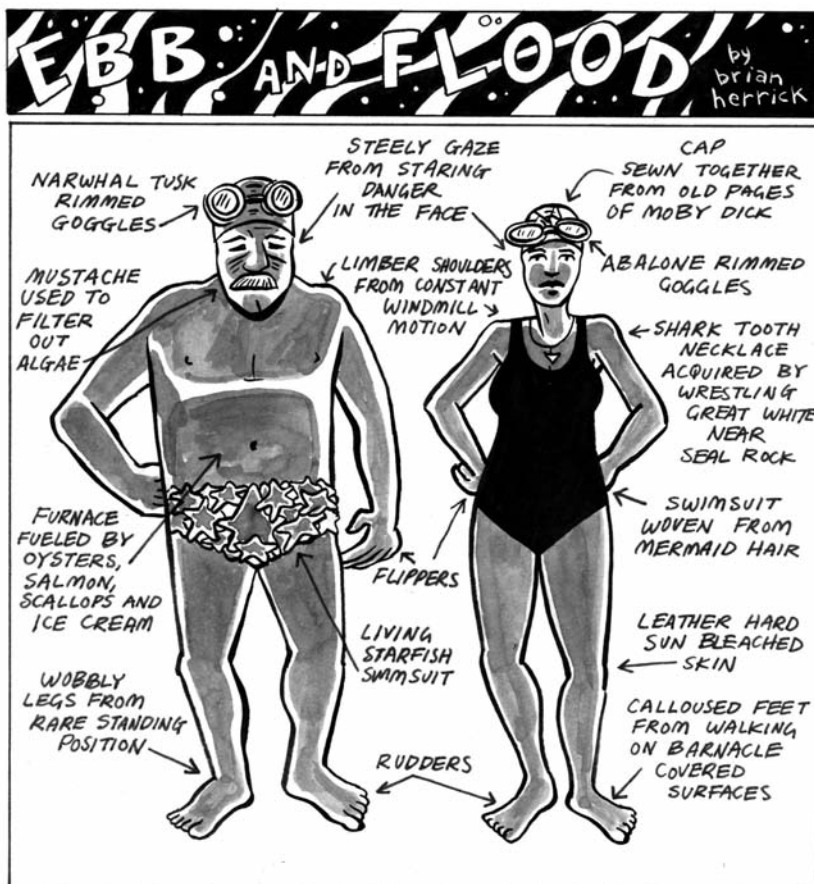
Starting a couple of years ago, Jacoby completed one million meters on the erg last April 2012, (photo left), and his 2nd million this May. He started this "new craze" to rehab legs distressed from back injuries and hip replacement surgeries.

Prior to "erg life" Jacoby complained about too many dollars spent on new ergs while neglecting weight room equipment upgrades. But now he complains about lack of attention to maintain the ergs, his new passion.

Annual Membership Meeting

The annual membership meeting of the Dolphin Swimming & Boating Club will begin at 6:30 p.m. on October 16, 2013 at 502 Jefferson Street, San Francisco, in the Staib Room.

The Board will review the business of the past year and proposed activities for the next year. Members are welcome to attend and participate per Article III, Section 6 of the By Laws.



2013 Dolphin Club Elections

New This Year -- There will be an electronic voting option in our November 2013 election. All members for whom we have email addresses will be registered to vote electronically. All who wish to vote by paper ballot will be able to request that a ballot be mailed to them, and to vote by returning the ballot by mail as in prior years.

Watch for details!



Marine Applied Research and Exploration (MARE) extends a warm thank you to the Dolphin Club for hosting our sustainable seafood fundraiser... we couldn't have done it without you! The ambience was enchanting, the food was delicious and we made some

inspiring new friends.

Ten years ago, MARE conducted some of the initial deepwater surveys that helped establish California's Marine Protected Areas; today, we are working hard to raise funds so we can revisit those places and collect the data necessary to evaluate their effectiveness. Ocean enthusiasts like the Dolphin Club swimmers and rowers are living proof that healthy oceans are important for our well-being, our sense of wonder, and for keeping fresh fish on the barbecue! Thank you all for sharing our passion for exploring new places in California's waters... whether inside the bay or beyond.

Jerry Block, 1944-2013



Photo: Carol Block

Hiking in Iceland - 2012

Jerry Block was an enthusiastic pilot on many Dolphin Club swims. He paddled the bright yellow kayak with "Jerry" on the bow. He enjoyed watching out for the slower swimmers near the end of the races, encouraging them with a smile and a thumbs up. On June 18th, he died peacefully at his home in Oakland. His wife, Carol Block, a life member of the Dolphin Club, was with him. Jerry was just short of a life membership himself. He lived his last 10 months with a diagnosis of cancer. He enjoyed frequent visits with his children and grandchildren and lived each day as fully as possible.

Mariuccia Iaconi, 1928-2013

Whenver Mariuccia Iaconi crossed a room she seemed to glide like a swan on water. Such was her slim grace and elegance, even as an 85-year-old.

Mariuccia, a Dolphin life-member for over 25 years, died on June 20th, two days after suffering a catastrophic stroke. She was active and healthy right up to the end of her life. During the week before the stroke, she came to the club, and took a brief swim.

Her daughter, Daria, said that besides her bay swimming, her mother did weights at home. Mariuccia once told me swimming daily at the Dolphin Club was the "spark plug" that kept her going. She'd breaststroke to the flag and back. More recently, because of macular degeneration and slowing down, she "edited" her swims, to the end of the dock. She assured her family: "The Dolphins, they keep an eye on me." Piper Murakami swam with her. Mary Cantini kept watch.

It extended to the sauna: "The sauna - that was her thing" said Daria, and the uninitiated were warned off her sauna real estate: "if a new member put their towel where my mother sat, others would tell them 'no, no, that's Mariuccia's spot.'"

Mariuccia, smart and engaged with the world around her, was an icon as a businesswoman, feminist, intellectual, Bohemian and progressive, activist. In 1955, she opened a bookstore in North Beach, specializing in foreign books for children. After her store closed, Mariuccia showed her business acumen, continuing a book distribution business until 2006. She was always "the reliable bread winner in the family," Daria said.

Her marriage to her handsome Italian husband, Mario Iaconi, ended in divorce in 1986, but Mariuccia always

called him "the love of her life." They had eloped to Reno barely speaking each other's language. Even her daughter called her parents the odd couple. He was ten years older, and five-foot-five to his wife's six-foot height, yet despite their discrepancies in stature, they loved ballroom dancing.

Their Italianate Victorian Potrero Hill home was a lively social scene abetted by Mario's great cooking. Friends included poet Lawrence Ferlinghetti of City Lights Books and author Kay Boyle. In the early days of financial struggle, the couple took in boarders - "fascinating tenants," said Daria.

And later still, Mariuccia continued co-habiting in the large, warm house: now with Daria, and David Stewart, and their two children. Visiting the household (the dividers long



Photo: Sunny McKee

Mariuccia's 'spot' in the sauna

removed, but still with separate living quarters) was to be on the warm and generous hearth of Mariuccia's love, with her grandchildren Luca and Giulia running back and forth, and mutual multi-generational care that was so apparent and beneficial to all.

Mariuccia was a loving mother raising her four children: in addition to Daria, there is Mia, Mara and Mauro and various grandchildren.

It was a rich life, well lived, best summed up, perhaps, by Luca, 17, in his tribute to his nonna, Mariuccia:

"She never feared being herself, even if it seemed on the surface wacky. I think that's why everyone loved her so much - she exuded strength and vitality and didn't let herself be defined by her age."

-Kate Coleman



Karima Cherif, JD Hurst, John Ottersberg, Barry Christian, James Dilworth, Jay Adams, Sean McFadden, Ross Browne, Ira Osibe, Laura Burtch, Gretchen Coffman, Brendan Crow, David McGuire, Doug James

Sharks and Friends

David McGuire

“There aren’t any sharks in the Bay, are there?” As a local shark researcher/conservationist and Dolphin Club swimmer, I am frequently asked that question. I smile and explain that there are many sharks, but the risk of a shark bite is infinitesimal. As part of a shark tagging study through the California Academy of Sciences, we frequently catch, tag and release the same shark in the same location. At other times we find them elsewhere in the Bay, and occasionally shark tags are returned from a thousand miles both north and south. Although I have often searched for sharks when diving or swimming in the Bay, I have yet to see one in the murky waters.

As swimmers we have a more rational reason than most to fear sharks, yet there has never been a recorded attack on a swimmer - or anyone else - inside the Golden Gate. However there are several shark species

that reside in or visit the Bay. Among the largest are the Sevengill Sharks, and their sisters the Sixgill Sharks. They prefer the deeper waters near the Golden Gate, however, each summer the large female Sevengills swim into

the South Bay and Suisun Bay to give birth. Born at a size of about 18 inches, the juveniles remain in shallow waters until they grow to around three feet when they venture forth. These sharks, commonly caught off piers in



Photo: Emily Roth

‘Naturalist Mary Cantini “chased out of the water” by a Salmon shark near Dolphin Club Beach

the Bay, can grow up to ten feet long and weigh over 400 pounds.

More common species include the smaller Leopard Shark (up to 6 feet) and the Brown Smooth-hound Shark (up to 3 feet) which feed on clams, worms and other invertebrates in the shallows. It is very likely these docile sharks live in the eelgrass and sandy bottom of the Cove. In the deeper waters the Soupfin and Spiny Dogfish enter the bay, possibly to mate and give birth, but this has not been verified. There are several other species that visit the bay seasonally or even for short visits such as Sleeper and Salmon Sharks. Even the Great White Sharks occasionally come to visit. Satellite tags have shown their presence meandering around the Golden Gate before exiting again.

Yet we may encounter other fishes. We might see a Striped Bass leaping clear of the surface, or we may even have a mysterious brush with an unknown fin as we traverse from Alcatraz or cross the Golden Gate. It could be a ten foot White Sturgeon. Or one might bump into a shad or a school of sardines.

The San Francisco Bay is an important estuary for fish, sharks and humans. Decades of work have been successful in turning the tide towards a cleaner and healthier bay, but fish, wetlands and marine habitat still need our constant attention. The wetlands at the margins of the Bay, and the eelgrass beds beneath all, provide important habitat for invertebrates, larval fish and birds.



Photo: Shark Stewards

Shark bait: sardines in the bay

Swim For Sharks

For these reasons, we decided to do a Swim for the Sharks to underscore that the real threats are from man and not the sharks. In fact one third of large ocean sharks are threatened with extinction from overfishing and for shark fin soup. Last October, five Dolphin Club swimmers exited the Cove, rounded Alcatraz and returned to celebrate sharks and raise awareness that shark populations are in dramatic decline. Escorted at a steaming pace to the opening by John Ottersberg and Mike Silva, swimmers Joe Loche, Sean McFadden, Brendan Crow, Ross Browne and I all left the Cove to circle the rock on a cool October morning. Piloted by Gretchen Coffman, Liz Kantor, Laura Birch, Daniel Madera, Jay Adams, Barry Christian, and Doug James, the swimmers rounded the rock to starboard and completed the circuit well within an hour and a half. In the 3.5 mile swim, we encountered back eddies, ferry boats, fishermen and pelicans but not a single shark.

We recorded the swim and later, with my friend Christina Choate, I produced a short film "Swim For Sharks" documenting the adventure. In the film are humorous interviews with several Dolphins, veterans and newcomers, about their experiences, not with sharks but with the other bay inhabitants. The film premiered at the San Francisco Ocean Film festival and a screening is planned at the club later this year.

Shark Stewards

Sharks are important to the health and balance of marine ecosystems, and some shark populations, especially the large sharks, have been reduced to ten percent of their historic numbers. Shark Stewards is a non-profit project of The Earth Island Institute dedicated to protecting sharks and the health of the San Francisco Bay and World Oceans. We will be swimming for sharks again this October and we invite you to join us, either as a swimmer or a supporter, for what will be an annual Swim For Sharks and to help protect the world's threatened species.



Photo: Emily Roth

Salmon shark in Aquatic Park masquerading as a Great White

*For more information on the film, how
you can support our work, or
Swim For Sharks
go to:
sharkstewards.org
or contact me at
sharksteward@gmail.com.*

Winning the Polar Bear the Hard Way

Pete Perez



Photo: Hal Offen

Pete Perez with his proud father

The cover of the last *Dolphin Log* showed a moment that will remain with me to the end of my days. It was the last day of the 2012-2013 Polar Bear Challenge and a dozen Dolphins had joined me on my final swim of the winter--mile 356. We exited the water to the sound of cheers and popping corks as Dolphins and friends met us with champagne on the beach. Among those watching from the dock was my 82-year-old father. He had brought his binoculars to watch the last mile. It was a poignant moment that would have brought tears to my eyes if I weren't so manly.

A close look at the photograph shows what looks like sand on my side. It's not. It's actually a raging rash from shingles. And my smile doesn't reveal the missing crown that exposes a raw nerve. I lost the crown a week before but there had been no time to deal with it. I was physically and mentally busted up and exhausted after 420 or so swims during one of the coldest water winters in our collective club memory. All that aside, I'm happy in that picture and not just because it's finally over, but because I know that at that moment - and this one too - it was all worth it.

People had asked me "Why are you doing this to yourself! Are you insane?" I would ask myself the same question and the answer changed many times during the winter.

The plan seemed logical enough. Five years ago I watched as Ralph Wenzel tied George Kebbe's 356 mile record. At the end of it he was in fantastic physical condition. Over the next few months he would accompany Larry Scroggins on his English Channel training swims. I believe that if Ralph had gotten on a plane to England that summer, he could have swum the Channel and back again with ease. With my own solo coming up in August 2013, I wanted to get in the same splendid shape that Ralph had. That was the plan.

There were other reasons as well. No one who was there at the time will forget the astonishing news that Ralph

would intentionally not break George's record. The surprise was quickly followed by admiration. In this age of overpaid professional athletes with over-the-top egos, here was an example of real sportsmanship. Ralph's gesture reminded us that competition can and should be fun, and that triumph does not always mean someone else must be defeated. I was proud of Ralph and proud of our club. I set out to also not break the 356 mile record. In doing so we would have three club members who hit that mark and it would be more than a three-way tie - it would be a new club tradition.

Finally, I wanted to do it my way. The beauty of the Polar Bear challenge is that it has complexity. The challenge is to cover 40 miles in open water under 55F during the winter, however you want to do it. It is unique for everyone. When going for the record nine years ago, George swam the same measured route between the CA Thayer and the flag, twice a day, two miles at a time. Ralph swam twice a day all over the cove and when he fell behind

due to illness he caught up with a long tide ride. In my case, I swam between one and eight times a day, covering between a



Photo: Hal Offen

Pete with Ralph Wenzel. They both swam 356 mile during the three months of winter

half-mile and a mile and a half each swim, but always using the tide to help move me along. Three completely different approaches to the same goal - I liked that. It would encourage anyone to find a way to succeed in their own way that suits them.

That covers the why. As for the swim itself, nothing went as planned.

I was between jobs when I started and hoped to quickly build a padding of miles before the temperature dropped. But the water temperature started cold and dropped rapidly to stay near 50 almost the entire winter. I could not stay in the water long enough to build up any surplus of miles. On January 7th, tragedy struck - I got a new job. The nine to five forced me to into the water at 5:15am and again at 5:30pm. It was a grueling routine. I fought to not fall asleep at my desk. I quickly lost 10 pounds of insulation and had to shorten my swims. Shorter swims meant more swims to keep the break-even pace of four miles a day. I

lived at the edge of exhaustion.

A month into it my body began to get used to the routine. But it was getting colder each day. The temperature at the flag hit 48F. I avoided the area completely for weeks, always seeking out the “warm” areas in the cove. About this time a dread began to take root that grew into a demon. It would begin in the middle of the night and grew as the 4 am alarm neared. It disappeared each day after the last morning swim but returned again as the evening swims approached. Friends helped me fight it. Hal Offen reminded me to not lose the joy of the swim. Larry taught me about the Japanese philosophy that focuses on the simple beauty of the moment. Michael Weiner told me breathe deeply and to visualize my favorite beach in Guam. Many times as I entered the dark, cold water I was feeling the sun on my chest and white coral sand in my fingers. Tom Nuckton told me that being aware when you get in the water is how you enhance the great feeling of getting out. These techniques made a huge difference.

Most of my swims were in the dark. Usually I was the first one in for the day and the last one out. In the dark I saw a world that few people get to see - the cove bathed in moonlight; the sudden appearance of hundreds of patches of white foam from a herring spawn; dark clouds and a full moon silhouetting the masts of the Balclutha; a hole in the fog revealing a sea lion breaking the surface of the water; the air filled with birds panicked by the sudden appearance of a swimmer. I learned where the sea birds sleep at night (in the wood rafters under the deck of the Eureka), and to look for the two mated ducks who overwintered on our beach and the bird that sleeps on the line to the Oprah buoy. I watched my shadow swimming along the breakwater as the sun broke the horizon and cast beams of red-gold light over the water.

I wasn't always the first one out there in the early morning. Many times I arrived at the Bad Becky buoy to see Lolly Lewis pausing to enjoy the view of the East Bay lights. And heading back to the beach I had to take care to avoid the 6 am pod heading out. The colored lights that these Dolphins wear were beautiful and reassuring.

As the winter progressed, the days got longer until I had first one, then two swims in daylight. But the dread each day was still there. When Michael Matthey diagnosed my growing rash as shingles, I lost two days

of swimming and was banned from the sauna when I returned. The truth is I was pretty beat up at that point and was grateful for an excuse to throw in the towel, but Michael never gave me a chance to say so. Instead he calculated how I could finish on time and his enthusiasm was so great that I didn't have the heart to disappoint him. I kept going even though it took a week of seven to eight miles a day to catch up. Michael is clever that way.

Emma, my lovely wife, cleared obstacles from my path. All I had to do was swim. In the last week she escorted me in a kayak. Lots of other Dolphins, positive and encouraging, stepped up to help me through these challenging times. They gave me things; chocolate,

cookies, fruit, more chocolate, even a Russian fur hat like they wear in Siberia. There isn't room here to name you all but you know who you are and that I am deeply grateful.

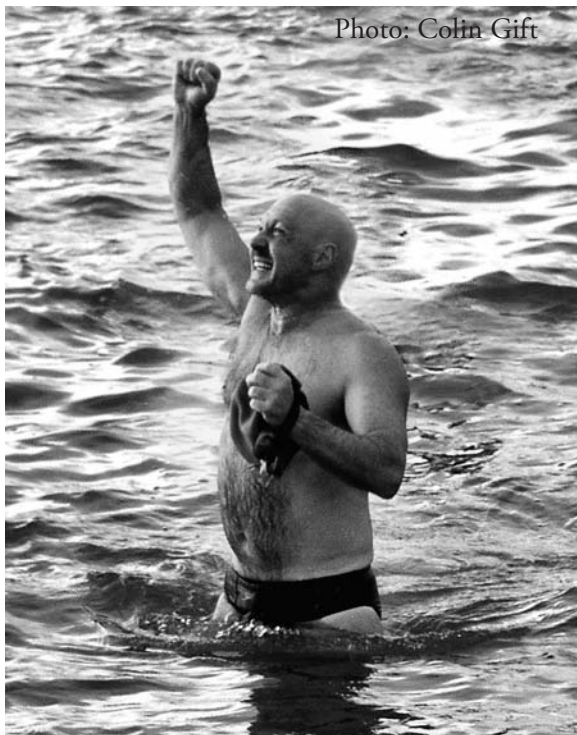
The swim was nothing like I expected. I didn't get stronger, I got weaker. I ended the winter so depleted that I no longer cared about swimming the English Channel. I kept quiet about that since it seemed sensible to let some time go by. But four weeks later I had only returned to the water once. I felt cold all day long and could not tolerate the sound of howling wind at night.

Six weeks after the Polar Bear, on the beach I told Kim Chambers and Joe Locke that I wasn't going to attempt the Channel anymore. They listened as I described the dread that I did

not want to feel for the next five months. Their response was transforming. Kim knew that dread. I could see it in her eyes when she spoke of it. Joe did too. It is normal they said, part of what you have to do to accomplish these kinds of swims. Joe was adamant - the water in the Channel is not cold! It's just one day!

It is now two months later. I'm swimming five mornings a week at the club and Thursday evenings in the pool. Valeriy Boreyko, the US Masters coach at Koret, has me on a training program for the channel, though it's not exactly the usual regimen. Instead of the conventional two hours a day at this point ahead of the September swim date, he has me swimming only 15 to 30 minutes a day. “I'm building you back up!” he says. It's working. I'm feeling stronger. Dolphins remark that I'm smiling again.

It is said that what doesn't kill you makes you stronger. Seems to be true in this case. The Polar Bear didn't break me after all. Game on!



George Kebbe who set the 356-mile record. Equaled twice but never surpassed

M I L E S

2013
25
YEAR
LIFE
MEMBERS



Karen Boyer



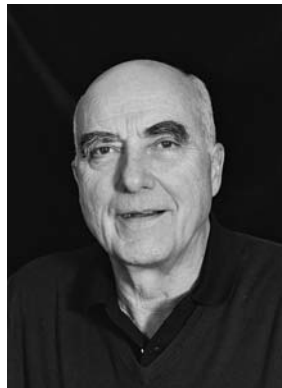
Hal Cranston



Terry Kleid



Jonathan Epstein



Phil Fernandez



Joe Ferrero

photos unavailable

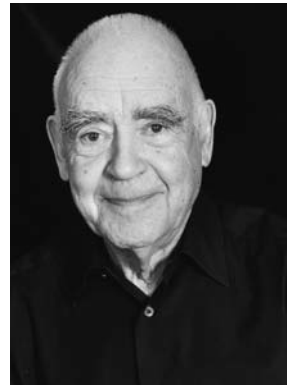
*Louis Bristol
Kevin McNiff
Vicki Smith*



Linnea Lundquist



Pat McGarvey

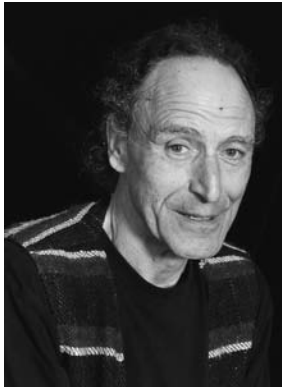


Bob Mittelstadt



Jon Nakamura

T O N E S



John Perino



Gina Rus



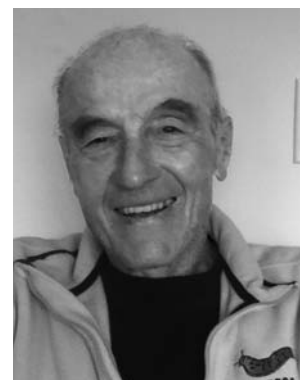
Liz Schiff



Dave Stimson



Charles Vogt



Keith Weaver

Deceased



Mariuccia Iaconi



Jerry Block



Erica Drewes

Le Sacre du Printemps at Pier 39; or love among the Marine Mammals

Brian Gilbert

In 2004, a film company made a movie called *Twisted* in San Francisco, which ended in a chase across most of Fisherman's Wharf; down Jefferson Street, over the wharf, under it, past Alioto's restaurant, and, for a little added local color, it ended with a climax in a gun battle on Pier 39. The denouement had the villain shooting it out with police on the seawall after a foot chase through the Pier and its various attractions. He is struck by bullets, clutches his chest in the best Hollywood tradition and tumbles over the seawall and into the water--as if we didn't have enough pollution there already. And then a dubbed-in shot (imported from Marine World) shows the watching sea lions beating their flippers together and barking in a simulacrum of applause.

This being SF, all the entities that were involved (or believed they were) had to give their approval. The people of Pier 39 were thrilled to host their part of the event, garnering lots of free publicity. The only caveat came from the Marine Fisheries (MF) people, who see it as their responsibility to insure the tranquility of the sea lions who squat on the boat floats in the harbor and provide a source of merriment to so many, tourists and natives alike. Protection of the homeless is a tradition in the city, after all. So there was a game warden from MF overseeing the sea lion part of the project.

The Location Manager (LM) for the movie, who is a club member, went about setting up the shot, measuring the venue and the feasibility of the action: where the actor had to stand to take the fatal bullets, where the stuntman doing the actual falling had to conceal himself, and the like. In the course of the setup, he had one of his crew members named Dwayne walk along the inside of the seawall to measure it with only the upper part of his head showing. Dwayne happens to be black. Up to that point, the

proceedings were remarkably placid, with nothing extraordinary happening. Suddenly, everything changed.

In a few moments, the surrounding floats were almost emptied of dozing and somnolent sea lions, all of them crowding to the foot of the seawall where Dwayne had appeared. The MF person was disturbed by this sudden disruption, but couldn't understand what had caused it. Nothing seemed



Photo: Colin Gift

to suggest itself during the subsequent investigation, so he asked the LM to have Dwayne repeat his walk down the seawall. And it happened again -- all the sea lions churned through the water and flocked to the seawall, roaring and shoving each other aside.

The MF person was disturbed and said so -- the more so because he couldn't understand what was happening. He finally put in a call to the biologist at the local Marine World. She was silent on the matter until she asked him to describe Dwayne. Then the light dawned. "It's simple," she said. "Cerchez la femme, as they say in France. They're all males, and this is their mating season. They're all looking to hook up with a mating partner, and since they can only see the top of Dwayne's head, which looks exactly like a female to them, they're rushing over to get some

action." (I paraphrase).

This presented a difficulty, since Dwayne would appear frequently in the setup to the action sequence, disclosing himself adventitiously to his enraptured seal lion audience. The MF person was adamant; no disruption of normal marine mammal behavior would be permitted. So the LM finally told Dwayne to get himself a white painter's suit of coveralls and a white hat that covered everything but his eyes. This worked perfectly; sea lions are colorblind, but they can tell white from dark with great acuity. Unfortunately, mandating such garb for one member of the crew because of the color of his skin would have constituted a form of racial bigotry, so everyone in the crew (including the LM) had to wear identical white coveralls and hats.

All went well until the final wrap, when a stiff breeze disrupted things and caused Dwayne to put in an emergency appearance. Unfortunately, he had discarded the white suit by then, and his appearance had reverted to the one that caused all trouble -- with the same effect. The MF person saw it, called it an obvious disruption of normal behavior, and immediately threw the violation flag. The result was a fine of \$2,500 to the film company. The LM protested, in vain. He said, "They approved everything beforehand, and now they're throwing the race card on me?"

The studio said: Just pay it.

Postscript

In the end, when SAG (Screen Actors' Guild) tested the Pier 39 waters, they were declared much too polluted for one of its upstanding dues-paying members to fall into (sea lion poop, no doubt). So the villain's fall actually took place off Hyde St Pier, a scant half mile away, where the water was found, thankfully, to be just fine.

BOAT CAPTAIN'S REPORT

This past quarter has been another busy three months for the rowing side of the club. The boatshop was busy and Boatnight crowded. Another heavy double came out of the boatshop this quarter, along with one of our Viking boats, (the Liftrizer), and the second Viking is due out shortly. Another single Whitehall, the Cecco, will be back in the boathouse within the month. We have two remaining heavy doubles to be cycled through the boatshop this year, along with all the other miscellaneous work that keeps Jon Beilenski and his crew so busy. We remain on track to start work at the end of the year on the new Whitehall single so generously given to the club by Don Reid. Everybody is invited to participate on Tuesday nights, rowers and non-rowers alike.

At Lake Merced, interest and activity in shell rowing is growing all the time and many of our new members have considerable experience rowing in shells and competing at the collegiate and national level. This past quarter we acquired a new Filippi double shell made in Italy, which will be rowed in this year's Head of the Charles Regatta, and then will be transported back to Lake Merced to become a permanent part of our rowing program. Anyone interested in shell rowing is encouraged to take advantage of the shell rowing training available at both Lake Merced and Jefferson Street. Jay Dean is holding classes for the single shell on a regular basis at the club on Saturday mornings. We have a special club event coming up on Saturday, October 26 when we will have a visit to the Bay Model in Sausalito led by one of the Rangers of the Corps of Engineers. Again, everyone is welcome.

Everybody has probably noticed a big jump in dock activity on Monday, Friday, and some Saturday mornings. Under the auspices of Coach Tom O'Connell and his assistants Renee Decosio and Diane Davis (SERC), a group of rowers from Saint Ignatius High School, plus a few students from other schools, have been training at our club during the summer. Tom and Diane Walton put this effort together and it's turning out to be a roaring success. The kids are having a ball and are experiencing water on San Francisco Bay for the first time. Jon Beilenski is guiding them through winds and waters and vistas they didn't know existed, a great change from their usual venue at Lake

Merced. Their first trips around Alcatraz and to the two bridges were an eye-opener, but they did fantastically well. Of course there was no such thing as fatigue, so there was no holding them back! Diane is trying to find some way of fitting out all these "novice" rowers with long black wigs and sneaking them into our barge for the coming triathlon with our neighbors next door! Stay tuned!

-John Blackman

photo Elizabeth Valadez



San Ignatius High School rowers are taking to the bumpy water in Dolphin Whitehalls

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The Dolphin Club Cup: Swims without Hype

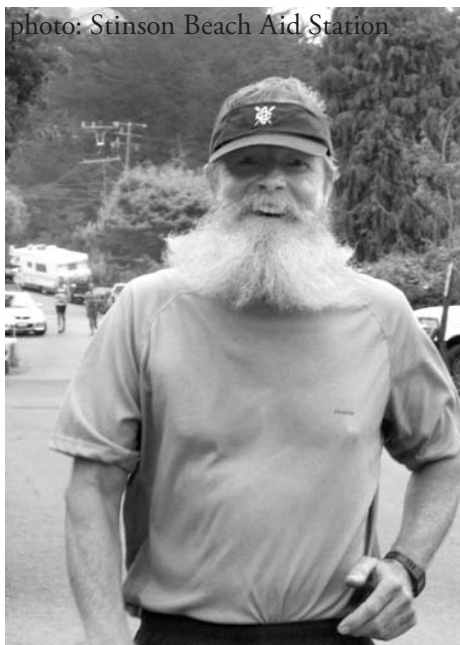
You may have noticed that there were no out of cove swims this July. We had made way for the Americas Cup, which held its first "race" on July 7th. The boating public was cleared from a large portion of the SF Bay so that everyone could watch a race with one boat! By fall, hopefully, the Cup will come close to the marketing peoples' vision of it. Luckily at the Dolphin Club our marketing people are amateurs, so when a swim race is announced, generally that is what you get. Competition is left up to our swimmers who exhibit exemplary sportsmanship and are ably assisted by our skilled pilots. Our dedicated volunteers make sure our clothes end up back at the club, a nutritious meal is served afterward, and the results are available for all to see. Snarled traffic and large banners plastered all over the place are usually not associated with our swims. Rather than branded luxury goods, our swims are commemorated by modest trinkets cleverly selected by Margaret Keenan and identified by our world-class logo.

A full calendar of swims took place earlier in the spring. The Pier 39 Swim occurred on St. Patrick's Day and rounded out this year's Polar Bear Challenge. On the deck afterwards, Mickey Lavelle led the entire Dolphin crew of swimmers, pilots, and guests in a beautiful Irish song to mark the occasion. It was a touching moment with everyone singing. The Gas House Cove Swim, followed by the Yacht Harbor Swim were our events for April. Each featured a leisurely stroll to the starting points. For the Crissy Field Swim in May, our water transport, the Hawk, was positioned well off shore so that swimmers could avoid the notorious back eddies that usually lengthen this swim.

In June there were the Doc Howard Over 45 Gas House, Bay Bridge, and the SE-DC Pride Swims. After a fast trip from Gas House, we had a barbeque with delicious pot-luck

dishes. Grasshopper Kaplan and his band, the Liberation School of Dance, treated us to an evening of great music. If you can believe it, Dolphins were actually dancing. The morning

photo: Stinson Beach Aid Station



Commissioner James

of the Bay Bridge Swim was cluttered with an unusually large number of boats, barges, and ferries. As we rounded the corner at pier 27, Solitary, the poo barge coming back from Alcatraz, crossed right in front of our lead swimmers. Thankfully, there was ample distance. The SE-DC Pride Swim was a great success. We had a roaring flood that brought us back in record time to a tasty breakfast at the South End Club. The Whoa Nellies entertained us with many old favorites subtly updated to celebrate the diversity of our great city.

One event that was announced in the lead up to the Pride Swim was the Out-Of-Cove Workshop. The idea was hatched last year by Emma Perez, our former swim commissioner. We invited swimmers who had never swum out-of-cove (some had been members over 15 years). It was run like a test swim, so each swimmer had his or her own pilot. We also had a

few seasoned swimmers to accompany them. After a briefing, we all motored out to Black Point Cove, just east of the Ft. Mason piers. The swimmers jumped and swam the three-quarters mile back to our beach. I have never seen such euphoria and gratitude after a swim. The swimmers learned firsthand what all the excitement was about and felt a great sense of accomplishment. The newbie out-of-cove swimmers were: Anne Barbaret, Mary Barnes, Julie Haas, Mary Magocsy, Polly Rose, Sibylle Scholz, Kevin Shanahan, Deborah Sherwood, and Arnie Thompson. Anne and Sibylle went on to swim in the Pride Swim two weeks later. Congratulations to all and thanks to all of the pilots and volunteers that made it possible.

Swim Commissioner, Virginie Jabbour, reports that since March 2013, the Tuesday Morning Out Of Cove Dolphin Program has been up and running! A group of swimmers and pilots have been meeting each Tuesday at 6:00 am and, depending on the tide heading east or west along the shoreline, jump from the Wave Organ or Pier 35 and swim back into Aquatic Park. The swimmers and pilots rotate weekly so everyone can take advantage of the opportunity to practice their piloting skills as well as enjoy a tide ride before heading to work! The program so far has been quite successful and proving to be an excellent training ground for new pilots (including Virginie herself!). We are excited to watch the group continue to grow in number and organization, and who knows, I think we may see some morning Alcatraz swims in the not so distant future!

In June Virginie and I welcomed John Nogue to our swim commissioner team. He has loads of experience coaching poolside and is an accomplished swimmer as well. Great to have him aboard!

*-Doug James for
Virginie Jabbour and John Nogue*

DOLPHIN LOG SWIM STATISTICS

Gas House Cove

APRIL 7, 2013

Place	Name	Time
1	Brendan Crow	16:29
2	Tony Leonardini	16:49
3	Virginie Jabbour	17:10
4	Lisa Wise	17:18
5	Ross Browne	18:21
6	Stephen Schatz	18:34
7	Jason Prodoehl	18:48
8	Randy Edwards	18:57
9	Tom Brown	19:00
10	Tom Nuckton	19:07
11	John Nogue	20:21
12	Jeffrey Malley	20:27
13	Mickey Lavelle	20:29
14	Nancy Cutler	20:59
15	George Morris	21:08
16	Steve Carlson	21:14
17	Andy Stone	21:18
18	Charlie Cross	21:25
19	Sean Lavelle	21:57
20	Robert Cable	22:00
21	Jay Adams	22:13
22	David Nosrati	22:14
23	George Chamales	22:47
24	Eileen Buckley	23:02
25	Madeline Eustis	23:22
26	Alex Sigal	23:30
27	Michael Caniglia	23:35
28	Gerard Navarro	23:39
29	Kerry Labelle	23:57
30	Inez Wibowo	24:07
31	John Horner	24:13
32	Jim Frew	24:32
33	Firat Yener	24:50
34	Richard Haymes	24:54
35	Kathleen Duffy	24:56
36	Pete Neubauer	25:16
37	Nancy Horner	25:17
38	Gabriella Cross	25:37
39	Janice McCall	25:59
40	Anne Sasaki	26:10
41	Robin Rome	26:17
42	Matt Towers	26:28
43	Garrell Herndon	26:51
44	Joe Illick	26:56
45	Cheryl Wallace	27:02
46	Laura Jones	27:08



photo Susanne Friedrich

Preparing to jump for the Crissy Field swim

47	Brian Matthay	27:10
48	Michael Matthay	27:14
49	Natazha Bernie	27:37
50	Susan Lauritzen	28:35
51	Debby Rose	30:00
52	Sandy Bardas	30:08
53	Dierdre Golani	30:34
54	John Ingle	33:25

Pilots: James Dilworth, Gretchen Coffman, Terry Horn, Laura Burtch-Zovickian, J.D. Durst, Brian Kiernan, Tom McCall, Joseph Schatz, John Blackman, Diane Walton, Liz Kantor, Eduardo Barranco, Megan Wachs, Laurance Narbut, Dave Zovickian, Marcus Auerbuch, Gary Ehram, Sam Ferguson, Eileen David, Barry Christian, Jane Mermelstein, Jon Meyer

Helpers: Eric Shupert, Randy Edwards, Tony Leonardini, Richard Haymes, Andrew Cassidy, Roxy Phifer, Madhuri Yechuri, Kent Myers, Polly Rose, Janice Wood, Brian Gilbert, Suma Snehalatha, Richard Walsh, Madeline Savit, Susan M Allen, Nancy Horner, John Horner, Sue Garfield, Andy Stone, Firat Yener,

Hal Offen, Kelley Mullin, Nancy Cutler, Garrell Herndon, Steve Carlson, Pete Neubauer, John Ingle, Matt Towers, Alex Edwards **Test Swim:** Andrew Cassidy, Tony Leonardini, Daniel Madero, Lolly Lewis, Diane Walton, Liz Kantor, Eileen David, Noe Lutz, John Nogue, Natazha Bernie, Virginie Jabbour, Joe Omran, Charlie Cross, Gabriella Cross



photo Paige Czelusta

Brendan Crow readies for Bay Bridge swim

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DOLPHIN LOG SWIM STATISTICS

Yacht Harbor

APRIL 27, 2013

Place	Name	Time
1	Brendan Crow	25:30
2	Lisa Wise	26:19
3	Virginie Jabbour	26:21
4	Stephen Schatz	27:44
5	Randy Edwards	27:47
6	Joseph Marena	27:48
7	Jason Prodoehl	27:51
8	Tom Brown	27:56
9	Cesar Manzano	28:38
10	Clint Hendler	29:02
11	Jeffrey Malley	29:36
12	Steve Carlson	29:50
13	Megan Wachs	30:05
14	Erik Cufino	30:14
15	Morgan Kulla	30:24
16	Daniel Madero	30:29
16	Todd Oppenheimer	30:29
18	Nancy Cutler	30:40
19	Charlie Cross	31:18
20	Andy Stone	31:45
21	Jay Adams	31:54
22	Reto Auer	31:58
23	Michael Caniglia	32:10
24	Robert Cable	32:14
25	George Chamales	32:40
26	Anita Holmquist	32:54
27	Gina Rus	32:55
28	Kate Coleman	33:04
29	Peter Cullinan	33:07
29	Phillip Rollins	33:07
31	Katherine Orr	33:47
32	Dan Brinkley	34:03
32	Neal Powers	34:03
34	Keith Nelson	34:07
35	Aaron Rosenthal	34:16
36	Tom Davis	34:32
37	Pete Neubauer	34:44
38	Pete Perez	34:53
39	Kerry Labelle	34:55
40	John Hornor	34:56
41	Kevin O'Connor	35:03
42	Naphtali Offen	35:22
42	Holly Reed	35:22
44	Jamie Robinson	35:32
45	Kathleen Duffy	35:35
46	Janice McCall	36:22
47	Brian Matthey	36:46
48	Laura Jones	36:57
49	Garrell Herndon	37:00
50	Robin Rome	37:36
51	Rey Hassan	37:49
52	Emma Perez	38:08
53	Cheryl Wallace	38:18
54	Joe Gannon	38:22
55	Wendy Katzman	38:37
56	Neal Fishman	38:48
57	Susan Lauritzen	39:20
58	Kent Myers	39:34
59	Sandy Bardas	39:39
60	Kelley Mullin	39:44
61	Eileen David	39:48
62	Will Powning	40:22

Pilots: Roxy Phifer, Terry Horn, Brian Kiernan, Tom McCall, Tom Hunt, Diane Walton, Robert Mackey, Joseph Schatz, Lance Starin, Liz Kantor, Jay Dean, John Blackman, Libbie Horn, Evan Borders, Marcus Auerbuch, Chris Tschinkel, Jane Mermelstein, Doug James, Lisa Adrian, Ken Coren, James Dilworth, Mickey Lavelle, Sean Lavelle, Tim McElligott, David McGuire, Kennedy Williams, Peter Bartu **Helpers:** Joe Gannon, Cheryl Wallace, Reto Auer, Neal Powers, Kate Coleman, Robin Rome, Clint Hendler, Katherine Orr, Susan Lauritzen, Pete Neubauer, Kent Myers, Steve Carlson, John Hornor, Rey Hassan, Wendy Katzman, Peter Cullinan, Hal Offen, Eric Shupert, Susan M. Allen, Laura Atkins, Suzie Dods, Janice Wood, Jane Mermelstein, Andy Stone, Sue Garfield, Joanne Desmond, Daragh Powers, Joni Beemsterboer, Pete Bianucci, Athena Kyle, Polly Rose, Marjorie Boor, Susan J Allen, Athena Kyle, Brian Gilbert, Suma Snehalatha, Lisa Hagerman, Cory Emerson **Test Swim: Swimmers, Pilots, Helpers:** Doug James, Michael Caniglia, Jon Meyer, Natazha Bernie, Eileen David, Hal Offen, Liz Kantor, Peter Cullinan, Evan Borders, Firat Yener, Daniel Madero, Tony Leonardini, Daniel Osborne, George Chamales, Robert Mackey, Joe Illick, John Blackman, Janice Wood, Grasshopper Kaplan, Joe Gannon, Lance Starin, Keith Nelson, Deirdre Golani

Crissy Field

MAY 25, 2013

Place	Name	Time
1	Brendan Crow	43:28
2	Virginie Jabbour	43:40
3	Lisa Wise	45:15
4	John Renko	46:18
5	Mike Silva	46:21
6	Laura Zovickian	46:40
7	Joseph Marena	46:48
8	Stephen Schatz	47:27
9	Hershow Albarazi	48:48
10	Randy Edwards	49:19
11	Jay Hanley	51:55
12	Clint Hendler	53:26
13	Morgan Kulla	57:17
14	John Hubenthal	57:21



Lou Marcelli and Noah Zovickian after the Crissy Field Swim

15	Robert Cable	58:15
16	Gina Rus	58:38
17	Noe Lutz	59:41
18	Michael Caniglia	59:47
19	Kate Coleman	1:00:59
19	Bill Burke	1:00:59
21	Fred Johnson	1:01:11
22	Jay Adams	1:01:18
23	Tom Davis	1:01:26
24	Laura Merkl	1:01:43
25	Keith Nelson	1:03:07
26	Nancy Hornor	1:05:09
27	Pete Perez	1:07:10
28	Aaron Rosenthal	1:07:12
29	Jackie McEvoy	1:07:20
30	John Hornor	1:08:24
31	Pete Neubauer	1:08:31
32	Ken Coren	1:09:05
33	Andy Stone	1:09:14
34	Emma Perez	1:12:51
35	Halie Kampman	1:13:52
36	Joe Gannon	1:24:44
37	Kelley Mullin	1:28:17
38	John Ingle	1:38:42

Pilots: Barry Christian, Brian Kiernan, Doug James, Jill Fleming, John Blackman, Eduardo Barranco, Era Osibe, Will Powning, Lance Starin, Joseph Schatz, Robert Weil, Arnie Thompson, Nikola Pavicic, Diane Walton, Anita Holmquist, Terry Horn, David Zovickian, Noah Zovickian, Jay Dean, Nancy Cutler, Todd Oppenheimer, Lisa Hagerman, Jane Mermelstein **Helpers:** Aaron Rosenthal, Joe Gannon, John Hornor, Randy Edwards, Pete Neubauer, Andy Stone, Nancy Hornor, Lisa Adrian, Cynthia Colebrook, John Ingle, Keith Nelson, John Simons, Michael Weiner, Eric Shupert, Andrew Cassidy, Susan Lauritzen, Wendy Katzman, Brian Gilbert, Tom Hunt, Rachele Mechem, Alexander Mulder, Hal Offen, Sue Garfield, Laura Atkins, Cory Emerson, Charlie Cross, Deirdre Golani, Fred Johnson **Test Swim:** Andrew Cassidy, Joe Gannon, Deirdre Golani, Liz Kantor, Cesar Manzano, John Blackman, Daniel Madero, Daniel Osborne, Nancy Cutler, Marcus Auerbuch, Debby Rose, Emily Roth, Jay Adams, Doug James **Non-Member Helpers:** Travis Kulla

Doc Howard Over 45

JUNE 1, 2013

Place	Name	Time
1	Joseph Marena	20:25
2	Stephen Schatz	20:34
3	Paul Davies	23:27
4	Mickey Lavelle	24:18
5	Terry Horn	25:05
6	Paul Wolf	25:12
7	John Lennox	25:37
8	David Nosrati	25:58
9	Michael Caniglia	26:13
10	Gina Rus	26:16
11	Fred Johnson	26:23
12	Andy Stone	26:55

13	Keith Nelson	27:53
14	Joni Beemsterboer	28:00
15	Dean Badessa	28:06
16	Nancy Hornor	28:10
17	Firat Yener	28:18
18	John Hornor	28:39
19	Lisa Hagerman	28:48
20	Pete Neubauer	28:49
21	Jim Frew	29:07
22	Richard Haymes	29:43
23	Kathleen Duffy	30:29
24	Kevin O'Connor	30:30
25	Jan McCall	30:32
26	Natazha Bernie	31:12
27	Anne Sasaki	31:21
28	Robin Rome	31:31
29	Joe Illick	32:15
30	Lorna Newlin	32:51
31	Susan Lauritzen	33:45
32	Neal Fishman	34:16
33	Janice Wood	34:20
34	Eileen David	34:40
35	Will Powning	34:57
36	Rob Schroder	36:34
37	Sandy Bardas	37:13
38	John Ingle	45:04
39	Cynthia Marchesani	46:33

Pilots: Brian Kiernan, Doug James, Cynthia Skovlin, Ken Coren, Bob Blum, Diane Walton, Mary Magocsy, Lisa Adrian, Jon Bielinski, Robert Cable, Libbie Horn, Evan Borders, Holly Reed, Anita Holmquist **Helpers:** John Ingle, Gina Rus, Janice Wood, Neal Fishman, Fred Johnson, Jim Frew, Andy Stone, Pete Neubauer, John Hornor, Nancy Hornor, Richard Haymes, David Nosrati, Tom Brown, Tom Neill, Polly Rose, Brian Gilbert, Andrew Cassidy, Hershow Albarazi, Halie Kampman, Monica Towers, Aaron Rosenthal, Eileen Buckley, Matt Towers, Susanne Friedrich, Seth Katzman, Loretta Madden

Bay Bridge JUNE 16, 2013

Place	Name	Time
1	Zebran Lemke	48:36
2	Brendan Crow	49:10
3	Patrick Grady	52:27
4	Lisa Wise	52:27
5	Stephen Schatz	53:38
6	Jesse Czelusta	54:11
7	Joseph Marendia	56:58
8	Tom Neill	58:13
9	Tom Brown	58:45
10	Jason Prodoehl	1:00:02
11	Jay Hanley	1:01:24
12	Todd Oppenheimer	1:03:04
13	Mickey Lavelle	1:03:07
14	John Nogue	1:03:30
14	Megan Wachs	1:03:30
15	John Hubenthal	1:04:02
16	George Morris	1:04:05
17	Paige Czelusta	1:04:08

18	Peter Bartu	1:04:32
19	Nancy Cutler	1:04:51
20	Daniel Madero	1:05:29
21	Charlie Cross	1:05:35
22	Tom Davis	1:05:38
23	Robert Cable	1:06:33
24	Gina Rus	1:07:32
25	Fred Johnson	1:07:54
26	George Chamales	1:08:06
27	Keith Nelson	1:08:45
28	Bill Burke	1:08:48
29	Andy Stone	1:08:49
30	Jay Adams	1:09:06
31	Michael Caniglia	1:09:22
32	Kate Coleman	1:10:17
33	Kathleen Duffy	1:11:32
34	Vladimir Mezhibovsky	1:11:33
35	Bob Blum	1:11:45
36	Lisa Hagerman	1:12:02
37	Anita Holmquist	1:12:04
38	Kerry Labelle	1:13:57
39	Pete Perez	1:14:07
40	John Hornor	1:14:28
41	Pete Neubauer	1:14:47
42	Eileen Buckley	1:15:15
43	Nancy Hornor	1:15:52
44	Cheryl Wallace	1:17:40
45	Jackie McEvoy	1:17:45
46	Gabriella Cross	1:18:07
47	Halie Kampman	1:22:16
48	Jamie Robinson	1:23:13
49	Janice Wood	1:23:21
50	Robin Rome	1:23:47
51	Deirdre Golani	1:27:25
52	John Ingle	1:28:23

Pilots: Barry Christian: Kathryn Cronin: Jay Dean: Marianne Dean: J.D. Durst: James Fahlbusch: Jill Fleming: Jim Frew: Katie Harrington: Terry Horn: Doug James: Liz Kantor: Margaret Keenan: Brian Kiernan: Mary Magocsy: Grant Mays: Jane Mermelstein: Emily Roth: Lance Starin: Monica Towers: Diane Walton: Robert Weil: Dav Zimak **Helpers:** Benjamin Abram: Susan J Allen: Laura Atkins: Bill Burke: Charlie Cross: Gabriella Cross: Nancy Friedman: Brian Gilbert: Patrick Grady: John Hornor: Nancy Hornor: John Hubenthal: Athena Kyle: Kerry Labelle: Susan Lauritzen: Lolly Lewis: Joseph Marendia: Rachele Mechem: Laura Merkl: Alexander Mulder: Pete Neubauer: Jim O'Connor: Kevin O'Connor: Naphtali Offen: Emma Perez: Roxy Phifer: Jason Prodoehl: Robin Rome: Polly Rose: Gina Rus: Stephen Schatz: Rob Schroder: Janice Wood **Test Team:** Lisa Adrian: Jon Bielinski: John Blackman: Ken Coren: Charlie Cross: Gabriella Cross: Peter Cullinan: Jay Dean: J.D. Durst: Brian Gilbert: Dawn Holley: Doug James: Lolly Lewis: Jane Mermelstein: John Nogue: Roxy Phifer: Jason Prodoehl: Aaron Rosenthal: Lance Starin: Megan Wachs

PRESIDENT'S REPORT

As I write this, Mariuccia is gone, and the 4th of July and America's Cup 34 have not yet arrived. It's summer in San Francisco; we've got some rain and some warmth, some fog and some wind. We've got individuals and teams of swimmers preparing for the Channel, the 100 mile challenge is underway, new rowers abound, the Maddens have gifted us with the Francis Auger (check it out in the boathouse, and do say thank you if you get a chance!) and the youngest of our men and women, the Tom Troneum Scullers, have taken to the open water with extraordinary grace (see photo).

This is a great season to honor the individual challenges that our members are taking on; notice them, revel in their successes and also to remember your own challenges along the way. From the first-time Bay swimmers and rowers, to those who fly on water and swim great, storied distances this summer, we are all living the dream. It is still a thrill for me every time I row out on to the Bay, the palpitations of the first solo row never go away and I remember my first row around Alcatraz, trapped in a seemingly unending patch and then the moment when I found my way out... and the first row around Angel Island when Reuben and I heard, before we saw, two dolphins arcing through the air at Pt. Blunt. I cannot adequately express the joy of taking, with Jane Mermelstein, the remarkable Robin Rome out for the Bay Bridge swim in the Spirit of Seventy-Seven (see photo). We all know that 1977 - the year the ladies joined - was a very good year here; I hope 2013 at the Dolphin Club is great one for you also!

It is also an ideal time to simply enjoy our Club. I read a great bit in a Log from 1962; Jack Baraff wrote: *The Dolphin Club should be an oasis where the members can temporarily escape from the rigors and tensions of daily living with a refreshing swim, a quiet row on the bay, a friendly game of handball or just a peaceful moment in the sun. This Board is dedicated to this idea. To the tiny handful of chronic complainers: leave your troubles at home.*

This Club is not, however, ours alone. Our provision of public access is part of what allows us to be here. We can all be more aware on this front, as the number of guests continues to increase. Every member's awareness and actions matter, not because we want to nip at strangers' heels, or to be exclusionary, but because we want the best experience possible for the members and all who come in, and we want to protect - even enhance - the Club in the process.

I ask you to join with me in celebrating one another, in contributing to our oasis, and to doing whatever we can in and on the water, alone and together. We are very lucky people. For instance, do you know Fred Johnson? He is a swimmer who is responsible for locking up the club at night, making sure all is well, and that we have all left the premises, by 11 pm. Please make his job easy!

-Diane Walton



The Dolphin Swimming
& Boating Club
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San Francisco, CA 94109

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2013 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Tue TBA	New Year's Day Alcatraz
Jan 1	Tue TBA	New Year's Day Cove Swim
Jan 19	Sat 9:10 am	*Pier 41
Feb 17	Sun TBA	Old Timer's Lunch
Feb 23	Sat 9:30 am	Dick Beeler Crazy Cove
Mar 17	Sun 7:40 am	*Pier 39
Mar 21	Thur 11:00 pm	End of Polar Bear
Apr 7	Sun 8:20 am	*Gas House Cove
Apr 27	Sat 11:00 am	*Yacht Harbor
May 4	Sat TBA	Rowers Dinner
May 25	Sat 10:00 am	*Crissy Field
Jun 1	Sat	100-Mile Swim Begins
Jun 1	Sat 3:15 pm	*Doc Howard Over 45 Gas House Cove
Jun 16	Sun 9:00 am	*Bay Bridge
Jun 23	Sun TBA	*SE/DC LGBT Pride Swim
Jul 20	Sat TBA	*Trans Tahoe Relay
Jul 28	Sun 9:30 am	Under 30 Cove Swim
Aug 3	Sat TBA	*Santa Cruz One Mile
Aug 11	Sun 11:00am	Walt Schneebeli Over 60 Cove
Aug 18	Sun 7:15 am	*Fort Point
Sep 1	Sun 10:30 am	Alcatraz
Sep 15	Sun 9:25 am	Joe Bruno Golden Gate
Sep 28	Sat 8:30 am	Escape from Alcatraz Triathlon
Oct 19	Sat TBA/9:30	Dolphin/South End Triathlon
Oct 31	Thur	100-Mile Swim Ends
Nov 9	Sat TBA	Pilot Appreciation Dinner
Nov 28	Thur 9:00 am	Thanksgiving Day Cove
Nov 23	Fri	Grizzly Bear Challenge
Dec 21	Sat 9:00 am	New Year's Day Qualifier
Dec 21	Sat	Polar Bear Swim Begins
Dec 31	Sat 11:59pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays as 9:00 am

January 19, Saturday

February 23, Saturday

March 23, Saturday

April 20, Saturday

May 18, Saturday

June 22, Saturday

July 20, Saturday

August 24, Saturday

September 21, Sunday

October 19, Saturday

November 23, Saturday

December 21, Saturday

Intro to bay swimming *usually*
offered Sunday after board
meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
6. Swim sign-up sheets are posted two weeks prior to each swim.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. * Indicates swim is a qualifier for Alcatraz and Golden Gate Swims

*All times are approximate & subject to change.
TBD means "to be determined".*

Alcatraz Island
1.4 miles

Fort Point
3.5 miles

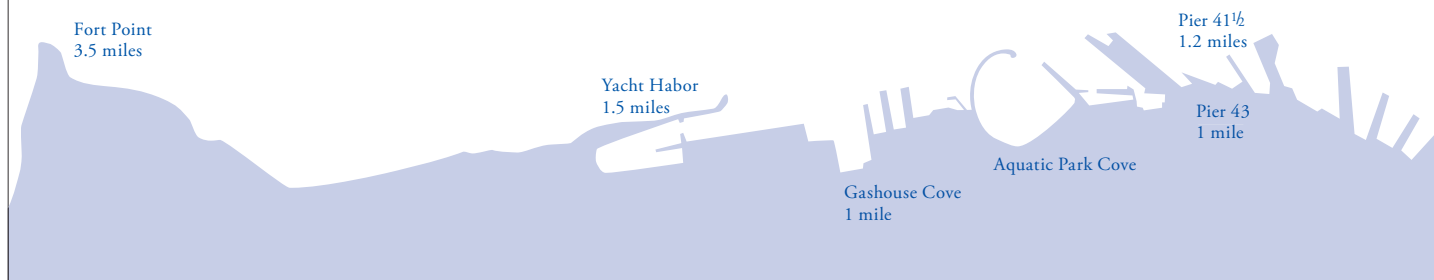
Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove

Pier 41½
1.2 miles

Pier 43
1 mile



FALL 2013

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

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The Dolphin Swimming
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502 Jefferson Street
San Francisco, CA 94109
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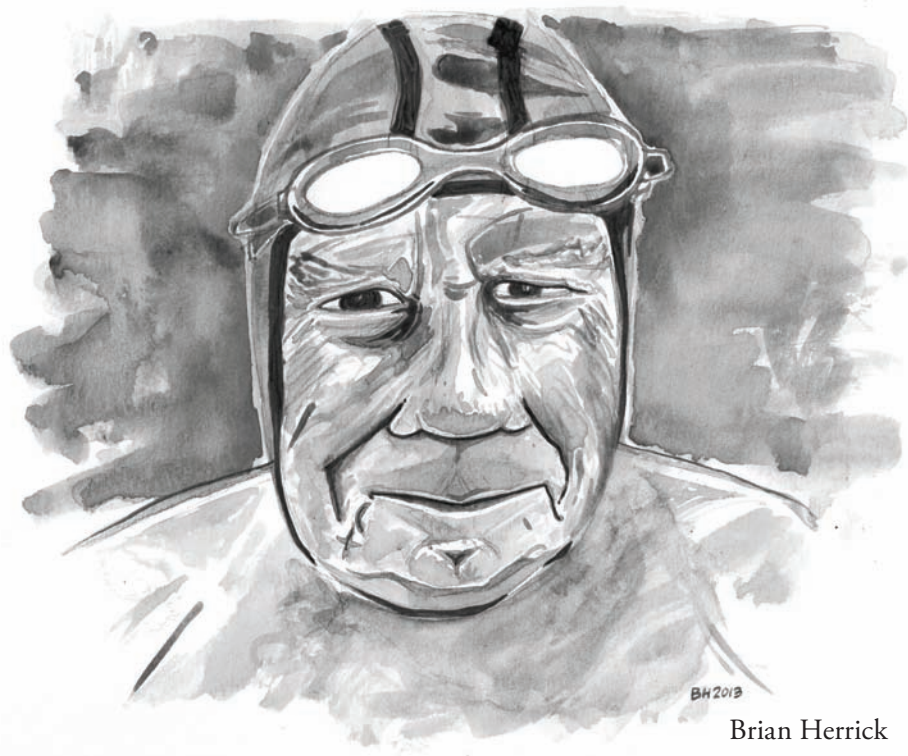
Cover - photo by Susan
Lauritzen

Printing

MC Printers
Prepress
Royce Color, SF

Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.



Brian Herrick

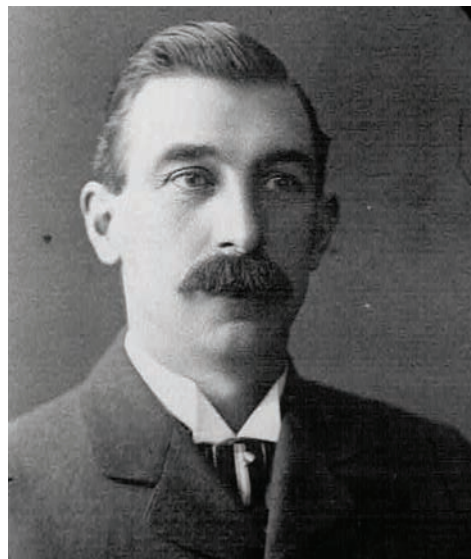
A Tribute To Lou Marcelli

The next issue of the *Log* will be an appreciation of Commodore Lou Marcelli. We welcome anecdotes, recollections, images or any other ideas reproducible on the printed page. Contributions can be just a sentence or two, but no more than 400 words. When sending images, please select only one or two. Send digital contributions to DolphinClubLog@gmail.com. Images or typed pieces should be dropped off in the Dolphin Log box in the mailroom. Deadline Feb 15th.

Adam Schuppert, Brewer

John Weiland, cofounder of the Dolphin Club ran one of the earliest—and most successful—breweries in San Francisco, but his wasn't the first. In 1849, before California was even a state, Adam Schuppert, another Bavarian immigrant, within months of his arrival in town, started the California Brewery at what was then the end of Vallejo, just past what is now Columbus.

His son Adam Jr was one of the 25 charter members of the Dolphin Club when it was formed in 1877. A second son, August, soon joined him but didn't stay long, as he was caught up in the shady side of late nineteenth century San Francisco.



-Walt Schneebeili

Adam Schuppert, Jr.

Erica Drewes (1945-2013)

A 36-year member of the Dolphin Club, Erica Drewes, passed away on July 21, 2013. Born on March 10, 1945, a fifth generation San Franciscan, she is survived by two brothers, their children and children's children, as well as loving friends.

Erica grew up in Presidio Heights, daughter of a judge/father and journalist/mother. She studied fine arts at the University of California, Berkeley, receiving her MFA, followed by study of art and architecture in Rome. She received a second MA in film at San Francisco State University.

She went on to create the East Bay Community Arts Project in 1974, a non-profit for the benefit of juvenile prisoners, reflecting her passion for social justice. In the 1990s Erica was a researcher for the California justice department and later was a consultant to Silicon Valley firms.

She read widely, focusing on novels, newspapers, and the New Yorker magazine. She was always interested in theater, ballet, film, and art museums.

Her good friend Rosemarie Banter warmly remembered that Erica could "never sit still." She sewed, embroidered, made greeting cards, toys, and "onsies" for newly arrived babies. She was also an excellent "fixer," proud of repairing or even creating items. At the Dolphin Club we daily use her paper towel holders, commissioned by Lou. She resurrected all those orchids, once hanging merrily on the pipes in the women's shower room – appreciated by many, but not all! Erica showed us her whimsical, artistic side at the club, helping paint the mural in the boathouse bathroom, fashioning a hanging paint brush with Dolphin Club blue for Moon's picture on the men's locker room door, making a mischievous little seal poking his head up through the water in the ladies' locker room. She also loved and was the heart of the annual ladies luncheon for



Pat McGarvey

Tribute to Erica Drewes at the Ladies Luncheon

year-plus members.

Perhaps one of Erica's most memorable characteristics was her strong, very liberal opinion about the state of the world. She was ardent in her beliefs and loved sharing them, although she was, at heart, a private person.

Erica came to the Dolphin Club almost daily, swam and enjoyed the fun and banter. She had many memories of her early days there, having been among the first women to join. She was always kind, especially when members were going through struggles; many of us received thoughtful notes and small presents during those times. We will miss her at the Dolphin Club and treasure our long friendship with her.

-Sarah McCuskey

Dolphin Club Building Fund Year End tax-deductible donation

The Dolphin Club building fund was established in 1998 as a method to develop and maintain an additional source of capital for major building related projects. The

Club established a "Dolphin Club Account" with the San Francisco Bay Keepers, a 501 (c) (3) non-profit, that maintains the account under a written agreement with the club. Over the 14 years of its existence the members of the DC have donated monies to the Fund which has enabled the Club to renovate the Ladies locker room ('99), replace the Pier ('08) and replace the lockers in the Ladies locker room ('10). Please consider the Dolphin Club Building

Fund in your year end tax planning. Your tax deductible donation should be made by check payable to (or securities endorsed to) "Baykeeper", with a notation on the memo line "Dolphin Club Building Fund". All donations should be sent to Sunny McKee, 502 Jefferson Street, S.F. CA 94109.



Bill Burke

Susan Allen and Ken Coren dissect the centerpiece at this year's Pilot Appreciation Dinner - or Luau

Feeding the 500

Johnnie Luis

Have you ever wondered how to make food for 50? It's simple—take a standardized recipe and scale up to 50 or 5000, or whatever number of hordes you're trying to feed. But what exactly is a standardized recipe anyway?

In the food industry, standardized recipes include information about the ingredients, the weight or volume of each ingredient, preparation instructions, cooking temperatures and times, serving size, recipe yield, and equipment/utensils to be used. Unlike online or cookbook recipes, the standardized recipe is scalable either up or down, and can be expressed in terms of ingredient ratios or percentages by weight.

Let's take a recipe from a popular food magazine, Angel Hair Pasta with Pesto, and see how it can be converted into a standardized recipe form.

Angel Hair Pasta with Pesto

Ingredients

- 2 cups packed fresh basil
- 1 oz. pine nuts
- 2 oz. grated Pecorino Sardo cheese
- 2 garlic cloves
- 1 tsp. sea salt
- ¼ cup olive oil
- 1 pound of Angel Hair pasta

Using a marble mortar and wooden pestle, crush the basil leaves, garlic, and pine nuts. Add salt and cheese and continue to pound into a paste, adding olive oil until you reach a smooth consistency. Boil pasta until al dente (2-4 min), drain, and serve with pesto sauce on top. Serves 6.

You'll notice that the above recipe lacks consistent portion sizes, recipe yields, and comparable information on the weight of each item. Somehow, we have to get apples to resemble oranges, and in this case, we have to derive a common measurement for each ingredient.

For standardized recipes, use weight as opposed to volume measurements. In the pesto recipe above, what is meant by 2 cups of packed fresh basil?



Johnnie Luis

Angel Hair Pasta with Pesto

If I take basil and pack it in a measuring cup, I can get 3.5 ounces by weight for 2 cups of volume, but if I apply the end of an oarlock and mash it down, I can fit 7 ounces by weight in that same 2 cup measurement. Liquids used for cooking often have different densities; thus, the same volume measurement of a liquid will yield different weight measurements.

For example, one cup of milk weighs 8.2oz while a cup of olive oil weighs 7.8oz. It's important to have information in equivalent units so that we can compare



Bill Burke

Dolphin Club dining hall

one ingredient to another and this is where a handy-dandy digital scale can be your friend.

Okay, let's reverse engineer this pesto recipe and convert it to a standardized recipe form, and while we're at it, let's convert everything to grams which on many digital scales is just a flip of the switch. Starting from the top of the ingredients list, I'm going to set 100g(3.5oz) of basil as a standard weight for the recipe instead of 200g(7oz)—basil is expensive and you probably don't want Bag Balm from the oarlock in your pesto—then continue down the list both weighing and converting each item into grams. I'll then regroup ingredients into sub-recipes by order of preparation and provide final assembly instructions. The new format looks like this:

Angel Hair Pasta with Pesto

Batch yield: 6 portions

Pesto Sauce

Yield: 300g

Portion size: 50g

Ingredients:

100g	fresh basil leaves	33%
35g	raw pine nuts	12%
10g	fresh garlic cloves	3.5%
5g	coarse sea salt	1.5%
75g	Pecorino Sardo cheese	25%
75g	extra virgin olive oil	25%

Procedure:

1. Use a food processor and combine basil, pine nuts, garlic, and salt. Pulse to sand-like consistency
2. Slowly pour oil into top of food processor, blending on low speed

3. Connect a fine shredding disk to cheese grater and grate cheese
4. Add cheese to food processor and blend
4. Refrigerate in airtight container

Angel Hair Pasta

Yield: 454g

Portion size: 75g

Ingredients:

454g	Angel Hair pasta	100%
------	------------------	------

Procedure:

1. Use a strainer basket, boil pasta for 2 minutes
2. Remove pasta from boiling water and immerse basket in a cold water bath
3. Drain, sprinkle with olive oil and refrigerate in airtight container

Final Procedure:

1. Load 75g cooked pasta in strainer basket and boil for 1 minute, drain
2. Plate pasta and add 50g pesto sauce on top
3. Garnish with small basil leaves and pine nuts

There are a few slight changes to the original recipe, like the use of a food processor instead of a mortar and pestle. A fine pesto can be made by this method by Grandma back in Sardinia, but if she had to cook for the Dolphin Club, she would get arthritis. If you add the weights of all the pesto sauce ingredients, you'll arrive at 300 grams which is listed under the recipe name. The percentages of each ingredient are expressed as a ratio between the ingredient

weight and the recipe yield. This information is helpful when you want to troubleshoot your recipes. For example, if the pesto is too salty or garlicky, you can lower the ratio accordingly.

Let's say we have a group of 120 cold, starving swimmers who have just gotten out of the bay and want pasta. How do we scale this recipe? Since the batch yield is 6 portions and we want 120 portions, we will multiply our ingredient weights by 20. Here is what our new ingredient list will look like:

2000g	fresh basil leaves	33%
70g	raw pine nuts	12%
200g	fresh garlic cloves	3.5%
100g	coarse sea salt	1.5%
1500g	Pecorino Sardo cheese	25%
1500g	extra virgin olive oil	25%
9080g	Angel Hair pasta	100%

Or we could scale down the recipe for just two people, then we would multiply the ingredient weights by a third

Manga and enjoy!



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Golden Gate Swims

Then and Now

Richard Cooper

With or without a bridge, the Golden Gate has seduced swimmers and then dashed the dreams of many. The distance may appear doable enough, but then come the nasty elements: fog, wind, cold water, punishing waves, and powerful currents that can reverse in mid-span. From one year, or one day, to the next, conditions are unpredictable. Each crossing is a new adventure.

Who knows how many had failed, but the first successful swim was on September 20, 1896, by Charles Cavill, a native of Australia. Using sidestroke, his time was 1 hour and 18 minutes. One year later a Dolphin Club member, John H. Caughlan, was the second to swim the Gate taking 52 minutes. Hazel Lagenour was the first woman on August 19, 1911, in the time of 1 hr 28 min.

From Mathew Webb conquering the English Channel in 1875 into the 1930s, the world was fascinated with endurance sports. Long distance swimming was big news. The best marathon swimmers in the world would line up and race, for fame and prize money, across the English Channel, Lake Ontario, Catalina, and other seemingly impossible courses. Similarly, the San Francisco Chronicle and Oakland Tribune sponsored races across the Golden Gate. Ten thousand or more spectators were common.

The club's first organized Golden Gate Swim was on September 9, 1917. There were twenty-four participants. Henry W. Kock was the winner in 26 min 51 sec.

Our Golden Gate Swim, established 43 years before the club's first Alcatraz Swim, was the highlight of every swim season. A program contained short bios of all contenders, while "Miss Golden Gate Swim," usually the daughter of a club member, added glamour. Every swimmer received a trophy. A special Marshall of the Course would be designated. Some still recall 1978 with swimmers waiting, huddling in the cold wind at Fort Point, until Lawton Hughes arrived in a vintage Chris Craft to declare the race postponed due to extreme conditions. The swim went off okay the next day.

The building of the bridge 1933 to 1937 didn't stop us, however there were no Gate swims from 1942 to 1945 due to submarine nets and other WWII restrictions. Over the years, six swims were cancelled due to weather—fog or lightning, etc. But there were extra swims from 1978 to 1999 (a Saturday and Sunday) to safely accommodate growing demand. Previously, there had been no more than 40 to 50 swimmers, but participation gradually increased and then took-off in the 1970s along with the popularity of Masters Swimming and triathlons. Moreover, that

was before third-party commercial SF Bay swims were available, and anyone wanting to swim the Gate had to join either the Dolphin or South End clubs. Our club's Gate swims grew to over 100 participants, peaking at 138 in 1989. By the late 1990s the number had dropped back below 100. The cost of a second swim had become a burden, and our fleet of pilot craft had improved so that we could protect more swimmers.

Protection is always needed because success is never guaranteed. The 1980 swim was especially difficult for both swimmers and pilots. Thirty did not finish (DNF); there were 21 DNFs in 1984, and about 15 in some other swims.

For years it was our tradition to swim South to North starting from the beach on the west side of Fort

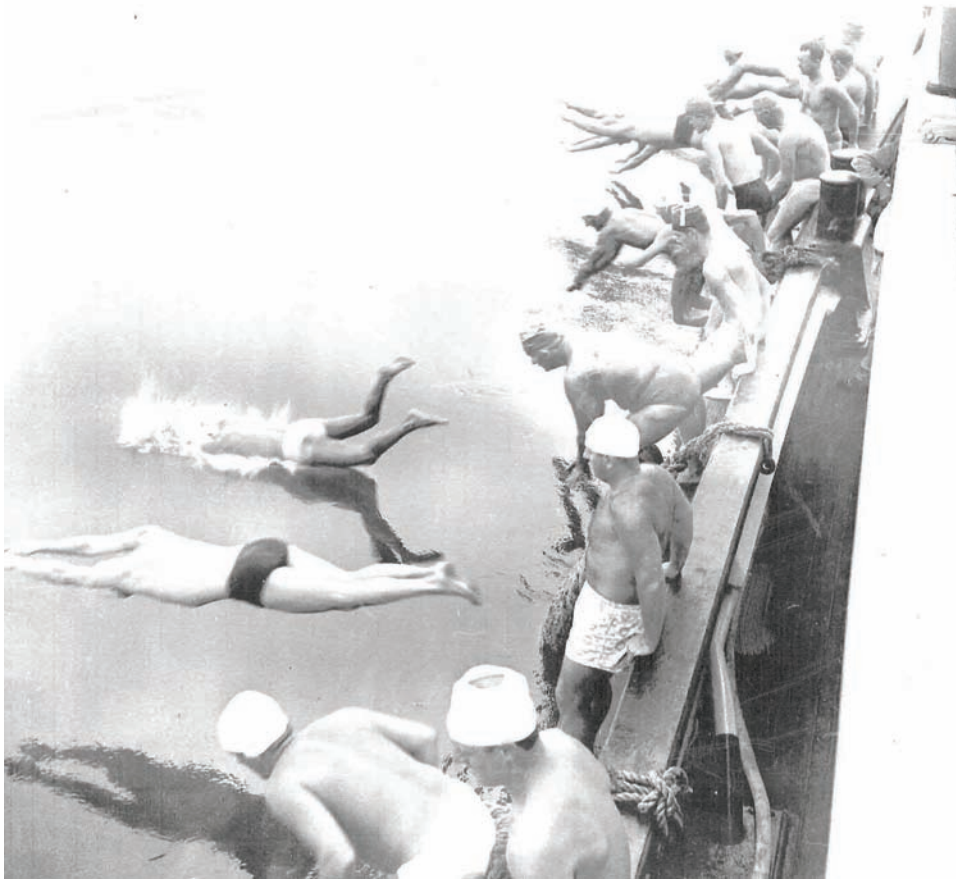


Colin Gift

The Swimmers' view

Point and finishing by touching Lime Rock. The South End's tradition was to swim the wrong direction. Since 1992 we've been denied access to the start beach due to potential lead-based poisoning from sandblasting. Then during the 2004 Gate Swim we were ordered, reportedly at gunpoint, to get off of Lime Rock, evidently a delayed reaction to Sept 11th. Since then we've had to use water starts and finishes. Consequently, the course has been more variable making results harder to compare.

Our Annual Dolphin Club Golden Gate Swim is now named in honor of Joe Bruno who died in 2004. He holds



Start of the Golden Gate Swim 1950, Walt Schneebelli (top right, dark trunks) first

the record of 61 swims across the Golden Gate from 1933 to 1993. Joe is also the oldest to swim the Gate at age 80 years and 290 days.

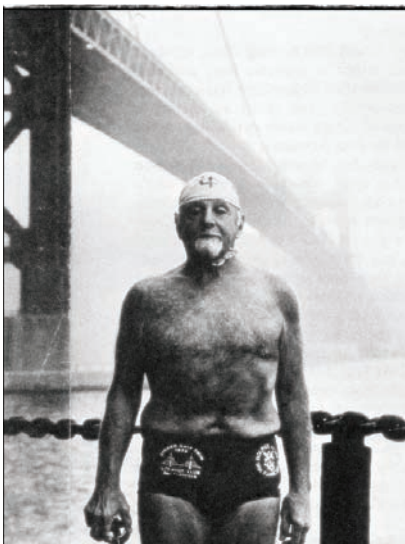
There were several outstanding athletes who each won five or six Golden Gate swims in the early decades. Ed Duncan, an ex-Cal star, was king in the 1960s, then Mike

Garibaldi became the champion in 1973 and would win a total of 13 Gate swims. He still holds the club record of 18 min 25 seconds set thirty years ago.

Soon after women joined the club, Morgan Kulla was the fastest female in the 1977 race, thus the first women to

finish a Dolphin Club Golden Gate Swim. Within a few years, Suzanne Heim-Bowen was displaying her talents. She has been first female finisher 18 times spanning a remarkable 26-year period. In 1987 Suzanne was the first woman to win the Gate Swim outright, a feat she would repeat nine more times. She holds the female record of 18 min 44 seconds set in 1997.

The Golden Gate experience transcends the record books. Usually it is the last place survivor who has fought the hardest and longest that gets the biggest cheer. In 2000 Walt Schneebelli swam the Gate fifty years after his first one. Conrad Liberty passed away two years ago, but his spirit lives on for swimming the Gate 43 consecutive times despite having to travel from Southern California. Among Dolphins still swimming the Gate, those with twenty or more crossings are John Hornor, Susan Lauritzen, Mickey Lavelle, Pete Neubauer, and Lorna Newlin followed by a half dozen others with at least fifteen. They should be admired, and so should any Dolphin who has met the challenge of the Golden Gate. For most of us, just attempting it and being out there is a personal achievement to be treasured for a lifetime.



Joe Bruno, after who the swim is now named, swam the Gate 61 times between 1933-1993



Before lead paint became an issue, swims started from the beach



On the Gate

Susan K. Lauritzen

My story is a love story. Yes, as a San Francisco Bay swimmer and member of the Dolphin Club, I have gazed at the underbelly of the Golden Gate Bridge for over 25 years. When backstroking the wild waters beneath the Bridge, I've marveled at its structure, strength and beauty. I seek the solitude, the feeling of being held and carried along. Reaching for mid-span and time to "cross-over," I am aware of the sensuous curve of the golden cables as they come into view.

Imagine then my delight when I was offered a special trip to the top of the bridge. A prize at a school fundraiser put up by a bridge-worker's mother provided the vehicle to the top. Word has it that weddings, funerals, business deals have all transpired on this lofty perch, but yes, it helps to have a connection....or wings.

After riding in a rickety elevator up the South Tower and climbing skyward amidst the bowels of the Bridge, I emerged through a manhole to find myself on a perch 746 feet above the San Francisco Bay.

There I was..."on the Gate." A photographer's delight: surrounded by beauty, expansiveness, and majestic perspectives. "Was I afraid?" I've been asked, "Was it windy, were you afraid of falling?" The answer to all is a resounding "NO". A lucky day hosted the trip, no wind, no sway, no fear of falling, no urge to jump. My only

dilemma was whether to sit, meditate and send up a prayer to the heavens that touched her lofty towers, or to take photos with every camera I had carried. I went for the photos, hoping the images themselves would deliver the gratitude and appreciation on my behalf.

So, Yes, this is a love story. I have carried the photos themselves and the awe they have inspired and taken them with me on the road. A book has been born, photos have been sold, exhibits held and my focus directed. I expect someday to rest peacefully in the waters at "the opening" of the cove, just far enough out to see the full span of this beautiful bridge. But for now, I offer this image to you. Enjoy.

Susan K. Lauritzen is a pediatrician, a swimmer and a photographer. She has trained for her artistic side at the Academy of Art College, the San Francisco Art Institute and is an active member of Fort Mason Photographers. She focuses on images above and below the water. More recently, her work includes abstract images in color. She has had numerous exhibits and her work is held in private collections throughout the Bay Area. You can see more bridge images and other parts of her portfolio at susanlauritzen.com. or azulephotography.com. Contact information is on the website.

Row Report - Oars d'Oeuvres

Our rowing year ended on a high note. We had a ton of activity this year and lots of boats rowed every month. Our boat nights were full with an average attendance of about 30 each week, sometimes 40 and never less than 20. Boatwright Jon Bielinski's invitation to join boat night is out to all members of the club - not just to rowers. Everybody is welcome! We accomplished almost all we intended, starting with the recycling of all three heavy doubles, plus a myriad of other repairs and chores to keep the whole fleet in first-class condition. Now we are in preparation for Don Reid's boat construction next year.

The highlight of the year was the triumph of the *Wieland* barge in the Triathlon competition with our neighbors next door. Charlie McIntyre and a crew of very talented women rowed the boat to a victory after only

six weeks of training and preparation. Rachael Perry and Kelly Amdur took first place in the double shell, and J D Durst and Marcus Auerbuch came in first and second respectively in

the wooden singles. Jim Frew and John Blackman came in third in the heavy doubles. Cannon Barnett took a second in the single shell, with James Dilworth placing third. Charlie Cross and Mark Robinson, rowing their first race together, placed second in the Viking double, and Lance Starin, in his first Dolphin competition, came in third in the single Viking. Our rowing year also included one three-day, two-night row to Sacramento, a couple of overnight Angel Island rows, and several rowing competitions outside the cove. We also had a guided tour of the Bay Model in Sausalito, and we added one wooden boat to Jefferson Street and a brand new Filippi double to Lake Merced. We added a fourth

boat to the motorized fleet (*Spirit of '77*), and purchased a new motor for the Arias. The boat shop also finished work on the *Alma* tender, the *Olga*, for the U S. Park Service, and our club lent two of our oars to the Legion of Honor for use with their "Impressionists on the Water" exhibition. Speaking of artwork, we had our own piece of beautiful artwork done by Megan Wachs with her construction of a new rudder for the *Liftrasir*. A beauty! We also put in place, for the first time, a regular maintenance and servicing schedule for our five ergs. All the indoor rowers are happy with this arrangement, and Jerry Jacoby is again on his way to rowing another million miles!

Another new activity this year that proved very popular was the Tom Troneum Summer Youth Outreach effort put together by Diane Walton

qualified a lot of new rowers this year, thanks especially to the help Reuben Hechanova and Patrick Torre, along with a lot of on-the-water help from Jay Dean, Mary Magocsy, and Terry Horn.

The last two big events of our year were the scattering of Lou's ashes, followed a week later by the Pilot Appreciation Dinner. The day devoted to Lou was a special one for all of us. Jon Bielinski took out the *Wieland* with a full crew and six family members, followed by all the wooden boats in our fleet, plus kayakers and paddle boarders. The barge took a position in the middle of the Cove and a large circle was formed around the barge. Some final words were spoken by the family and then oars were raised in Lou's honor as his ashes and some rose pedals were scattered. A touching and poignant tribute to a wonderful

man.

Our year concluded with the Pilot Appreciation Dinner, so very ably handled by John Horner, Doug James, Diane Walton, and Robin Rome. Duke Dahlin arranged a fabulous luau.



Susanne Friedrich

The victorious Wieland Barge 2013 (rowers' names on page 14)

and Tom O'Connell. It exceeded everybody's expectations and proved to be very popular. We had well over one hundred boat sign-outs connected with this program and it created a ton of activity around the club. Our youngest member, Noah Zovickian, besides swimming the Golden Gate Bridge for the first time, participated in this program, qualified for his out-of-club rowing, and rowed the Bridge-to-Bridge race in a single shell. A busy summer for him!

A further club outreach was our participation in the Americas Cup with our Arias, piloted by Reuben Hechanova, Diane Walton, and Ken Coren, serving as boat marshals on the water during the races. We

Rowing awards went this year to Barry Christian, J D Durst, Doug James, and Jay Dean. J D won well-deserved Pilot-of-the-Year. Each of these individuals made a tremendous contribution to the club this year, and since there was very little overlap between what each does, their combined contribution to the club was immeasurable. Our year would not have been the same without them!

The final-final accolade for the year: we had to purchase a new rowing sign-out logbook, way ahead of the usual replacement schedule! Lots of rowing going on, and a new boat coming next year!

-John Blackman

Dolphin swimmers took to the water with a vengeance this summer. By all accounts we have never seen such numbers participating in our out-of-cove program. There were 69 participants in the Golden Gate swim, 57 for Alcatraz, and 37 completed Ft. Point. In no other recent year have we ever approached such involvement. And to boot, 44 Dolphins swam 100 or more miles from June 1st until Oct 31st, also a record.

Both of our iconic swims, the Golden Gate and the Alcatraz had surprises in store. The test swim for the GG was a cold and blustery day while the actual swim turned out to be gorgeous, even though the start of the swim was delayed by a cruise ship which altered swimmers' times somewhat. The days were reversed for Alcatraz, calm still waters, warm air temps and lots of kelp flies to bother the test swimmers and, more significantly the pilots, on the day before the big swim. But the next day it was a different story; wind, no flies (those two tend to go together) and lots of chop. Yet there were plenty of smiling faces and laughter as each story of their bouncy ride from Alcatraz was told.

Our 60+ cove swim had a good turnout as well. There were three different courses to choose from to accommodate our diverse senior population. The course design for the long swim left something to be desired, mea culpa, mea culpa, as "several" swimmers described the leg into the current as an aquatic version of a treadmill. Yet again, as soon as folks were around the tremendous repast served up by our talented galley crew, those complaints became distant memories, I think. Besides, what a great workout!

Doug James instituted a new swim this year, for those under 30 years of age, members and member's children. Again, there were three courses and the Zovickian brothers, Noah and Ben, triumphed in two of the races, making the rest of us feel very old and slow. Watch out Brendan, the competition is coming!

I mention Brendan Crow because he has swept all but one of the out-of-cove races this year, a tremendous achievement.

Can't finish without a nod to our sistren/brethren who ventured away from our cozy cove to accomplish great feats. Kim Chambers, our wonder woman, swam solo across the Catalina Channel in 11 hours and 23 minutes and did the English Channel in 12 hours and 12 minutes. In May, she crossed the Gibraltar Straits alongside Joe Locke in four hours and 39 minutes. Other than that, she has been quite sedentary this summer. Two relays also crossed



Susanne Friedrich

Commissioner John Nogue

said channels; Les Dauphins Bleus (Alex Buehlmann, Melissa King, Rick Avery, Larry Scroggins, and John Nogue, captained by Nancy Cutler) swam the Catalina Channel in 12 hours and seven minutes while a group of intrepid Dolphins tackled a bumpy EC in 14 hours and 23 minutes (Jesse Czelusta, Paige Czelusta, Paul Van Hoven, Deirdre Golani, Emma Perez and Yves Amiel).

Thank you to Andrew Cassidy for all his work this year! We know what we know about the outcome of all our swims and the DC/SE Triathlon because of him, and we are grateful for his time, his attention and his smile.

Dolphins you can be proud of a great summer of swimming!

-John Nogue,
(for Doug James and Virginie Jabbour)
Your DC Swim Commissioners

Walt Schneebeli Over 60 Cove Swim August 11, 2013

A group: personal course

Place	Name	Time
1	Walt Schneebeli	17:55
2	John Davis	18:39
3	Bob McKenzie	18:57
4	Lindsay Casablanca	20:36
5	Heidi Howell	20:44
6	David Maloney	20:55
7	Charlie Korelec	21:12
8	John Nestor	21:29
9	Anne Sasaki	24:52
10	Anthony DuComb	25:26
11	Mary Cantini	25:57

B group: flag course

Place	Name	Time
1	Bob Danielson	17:58
2	Sid Hollister	18:25
3	Carol Block	19:47
3	Carol Murphy	19:47
5	Larry Scroggins	22:09
6	Pete Bianucci	22:22
7	Polly Rose	24:07
8	James Vanya	24:52
9	Pavla Podolska	33:11
10	Sandra Lehmkuhl	35:38

C group: long course

Place	Name	Time
1	Todd Oppenheimer	25:11
2	Mickey Lavelle	26:42
3	Norman Hantzsche	26:47
4	Terry Horn	26:56
5	John Nogue	27:14
6	Andrew Cassidy	28:00
7	Andy Stone	32:01
8	Joni Beemsterboer	32:07
9	Doug James	32:39
10	Holly Reed	34:36
11	Eric Shackelford	35:19
12	Krist Jake	36:11
13	Ken Coren	36:41
14	Pete Neubauer	36:45
15	Naphtali Offen	37:23
16	Janice McCall	43:00
17	Janice Wood	46:36
18	Cynthia Barnard	48:03
19	Eileen David	49:16
20	Joe Illick	49:17
21	Susan Lauritzen	51:20
22	Sandy Bardas	52:08
23	Will Powning	55:41
24	Deirdre Golani	55:57
25	Michael Cerre	1:03:02
26	Athena Kyle	1:10:34

Pilots: Dean Badessa, Peter Bartu, Robert Cable, Jim Frew, Margaret Keenan, Brian Kiernan, Miguel Melendez

Helpers: Andrew Cassidy, Cynthia Colebrook, Gabriella Cross, Erik Cufino, Peter Cullinan, Kathleen Duffy, Brian Gilbert, Sid Hollister, Doug James, Mickey Lavelle, Jackie McEvoy, Tom Neill, Kevin O'Connor, Roxy Phifer, Tony Reveaux, Polly Rose, Anne Sasaki, Sibylle Scholz, John Simons, Cheryl Wallace, Janice Wood

DOLPHIN LOG SWIM STATISTICS

Fort Point Swim August 18, 2013

Place	Name	Time
1	Brendan Crow	57:05
2	John Renko	57:57
3	Lisa Newman-Wise	58:32
4	James Fahlbusch	59:02
5	Randy Edwards	1:01:18
6	Hershow Al-barazi	1:01:30
7	Joseph Marena	1:03:54
8	Tom Nuckton	1:04:31
9	Suzanne Heim-Bowen	1:04:55
10	Patrick Grady	1:05:00
11	Katie Harrington	1:05:25
12	Stephen Schatz	1:05:27
13	Virginie Jabbour	1:06:28
14	Peter Bartu	1:10:22
15	Kimberley Chambers	1:11:17
16	Cesar Manzano	1:13:42
17	Tom Brown	1:13:50
18	Michael Caniglia	1:14:14
19	Megan Wachs	1:16:03
20	Daniel Madero	1:17:09
21	Tom Neill	1:17:27
22	Becky Fenson	1:18:35
23	Noe Lutz	1:19:52
24	Nancy Cutler	1:23:38
25	Mickey Lavelle	1:24:08
26	Robert Cable	1:26:12
27	Roxy Phifer	1:27:27
28	Vladimir Mezhibovsky	1:27:46
29	George Morris	1:28:10
30	Dan Brinkley	1:29:35
31	John Hubenthal	1:29:41
32	Thaddeus Vogler	1:39:45
33	Peter Cullinan	1:39:50
34	Bill Burke	1:40:16
35	Gabriella Cross	1:47:24
36	Charlie Cross	1:47:28
37	John Ingle	2:15:10
	Hal Offen	DNF
	Pete Neubauer	DNF

Pilots: Dawn Holley, Rob Schroder, Terry Horn, Jane Mermelstein, Tom Davis, Alexander Mulder, Anne Sasaki, Joe Gannon, John Blackman, Chris Tschinkel, Brian Kiernan, Marcus Auerbuch, Tom McCall, Barry Christian, Don Harrison, Miguel Melendez, Patrick Torre, Sam Ferguson, Eileen David, Diane Walton, James Dilworth, Gerard Navarro, Doug James, Jan Weidner, Hal Offen, Terry Horn, Megan Wachs, John Blackman, Virginie Jabbour **Helpers:** Hershow Al-barazi, Tom Nuckton, Patrick Grady, Noe Lutz, George Morris, John Hubenthal, Pete Neubauer, Norman Hantzsche, Kerry Labelle, Laura Croome, Janice Wood, Reuben Hechanova, Polly Rose, Robin Rome, Pam Derks, Andy Stone, Susan Friedrich, Fran Collier, Laura Atkins, Perpetua Bishop, Aaron Rosenthal, Dan Brinkley

Alcatraz Swim August 31, 2013

Place	Name	Time
1	Brendan Crow	31:24
2	Patrick Grady	32:42
3	Stephen Schatz	34:47
4	Joseph Marena	35:01
5	Lisa Newman-Wise	36:15
6	Peter Bartu	38:15
7	Randy Edwards	38:21
8	Cesar Manzano	39:00
9	Tom Neill	39:45
10	Tom Nuckton	40:24
11	Katie Harrington	40:32
12	Tom Brown	41:21
13	Todd Oppenheimer	42:00
14	Charlie Cross	44:38
15	John Hubenthal	44:44
16	Robert Cable	45:45
17	Daniel Madero	45:51
18	Noe Lutz	46:21
19	Reto Auer	46:22
20	Tom Davis	46:45
21	Erik Cufino	47:09
22	Maksim Naumov	47:41
23	Jay Adams	48:42
24	Madeline Eustis	49:19
25	Bob Blum	49:50
26	Fred Johnson	50:03
27	Roxy Phifer	50:15
28	Dan Brinkley	50:22
29	Michael Caniglia	50:54
30	Richard Haymes III	51:07
31	Joni Beemsterboer	52:18
32	Keith Nelson	52:22
33	Ken Coren	54:00
34	Andy Stone	54:14
35	Aaron Rosenthal	54:54
36	Kerry Labelle	55:35
37	Dean Badessa	55:51
38	Kathleen Duffy	56:07
39	Nancy Hornor	56:26
40	Jim Frew	56:34
41	Jackie McEvoy	57:02
42	Gabriella Cross	57:15
43	John Hornor	59:12
44	Eileen Buckley	59:21
45	Gerard Navarro	1:00:25
46	Kevin O'Connor	1:00:36
47	Pete Neubauer	1:04:27
48	Natazha Bernie	1:05:57
49	Janice Wood	1:06:26
50	Hal Offen	1:06:35
51	Robin Rome	1:11:17
52	Cheryl Wallace	1:13:37
53	Neal Fishman	1:13:58
54	Joe Gannon	1:19:56
55	Kelley Mullin	1:21:35
56	Lorna Newlin	1:26:11
57	Eileen David	1:28:00

Anne Sasaki finished on the public beach in Aquatic Park. No time/place recorded
Pilots: Marcus Auerbuch, Jon Bielinski, John Blackman, Paul Brady, Gretchen Coffman, Rich Cooper, Jay Dean, J.D. Durst, Don Harrison, Dawn Holley, Davis Ja, Doug

James, Brian Kiernan, Athena Kyle, Mickey Lavelle, Tom McCall, David McGuire, Miguel Melendez, Jane Mermelstein, George Morris, John Nogue, Emily Roth, Joseph Schatz, Bill Schroeder, Eric Shackelford, Cynthia Skovlin, Lance Starin, Monica Towers, Jeffrey Valley, Jan Weidner, Robert Weil, Connie Wellen, David Zovickian
Helpers:
Susan M. Allen, Laura Atkins, Peter Bartu, Bill Burke, Andrew Cassidy, Fran Collier, Duke Dahlin, Madeline Eustis, Jill Fleming, Sue Garfield, Brian Gilbert, Reuben Hechanova, Nancy Hornor, John Hornor, Susan Lauritzen, Mickey Lavelle, Johnnie Luis, Cynthia Marchesani, Kent Myers, Maksim Naumov, Pete Neubauer, Pavla Podolska, Daragh Powers, Tony Reveaux, Polly Rose, Aaron Rosenthal, Julian Sapirstein, Sibylle Scholz, Eric Shupert, Andy Stone, Nick Strelchuk, Connie Wellen
Test Swimmers and Pilots:
John Blackman, Tom Brown, William Frey, Joe Gannon, Katie Harrington, Lisa Newman-Wise, John Nogue, Larry Scroggins, Cynthia Skovlin, Lance Starin, Rick Avery, Andrew Cassidy, Joe Illick, Doug James, Grasshopper Kaplan, Hal Offen, John Pelka, John Simons

Joe Bruno Golden Gate Swim September 15, 2013

Place	Name	Time
1	Brendan Crow	21:07
2	Patrick Grady	21:31
3	James Fahlbusch	22:11
4	Joseph Marena	22:22
5	Stephen Schatz	22:24
6	Lisa N-Wise	22:48
7	Tom Nuckton	23:31
8	Laura Zovickian	23:34
9	Randy Edwards	23:50
10	Katie Harrington	24:09
11	Clint Hendler	24:20
12	Cesar Manzano	24:36
13	Peter Bartu	24:46
14	Tom Neill	25:48
15	Robert Cable	26:52
16	Maksim Naumov	27:48
17	Terry Horn	27:54
18	Nancy Cutler	28:00
19	John Hubenthal	28:10
20	Charlie Cross	28:22
21	Daniel Madero	28:26
22	Morgan Kulla	28:29
23	Sean Lavelle	28:50
24	Roxy Phifer	29:04
25	David Nosrati	29:18
26	Gina Rus	29:24
27	Jay Adams	29:30
28	Tom Davis	29:47
29	Bob Blum	29:53
30	Michael Caniglia	30:00
31	Peter Cullinan	30:42
32	Katherine Orr	30:46
33	Keith Nelson	31:16

DOLPHIN LOG SWIM STATISTICS

34	Reto Auer	31:40
34	Noe Lutz	31:40
36	Richard Haymes	31:46
37	Andy Stone	32:11
38	Aaron Rosenthal	32:18
39	Dean Badessa	32:30
40	Joni Beemsterboer	32:36
41	Nancy Hornor	32:49
42	Kerry Labelle	33:08
43	Gerard Navarro	33:19
44	Ken Coren	33:42
45	Ted Coyle	34:06
46	Anita Holmquist	34:17
47	Firat Yener	34:31
48	John Hornor	34:39
49	Jim Frew	35:19
50	Gabriella Cross	35:43
51	Jackie McEvoy	36:30
52	Hal Offen	38:19
53	Pete Neubauer	38:25
54	Lisa Hagerman	39:00
55	Kathleen Duffy	39:24
56	Eileen David	39:34
57	Robin Rome	41:17
58	Lorna Newlin	42:18
59	Anne Sasaki	42:26
60	Cheryl Wallace	42:30
61	Will Powning	43:20
62	Susan Lauritzen	44:46
63	Wendy Katzman	45:07
64	Neal Fishman	45:36
65	Joe Illick	47:30
66	Cynthia Skovlin	48:18
67	Joe Gannon	50:20
68	Deirdre Golani	51:40
69	John Ingle	53:25

Pilots: Marcus Auerbuch, Eduardo Barranco, Jon Bielinski, John Blackman, Paul Brady, Ross Browne, Barry Christian, Kathryn Cronin, Duke Dahlin, James Dilworth, J.D. Durst, Madeline Eustis, Ken Frank, Don Harrison, Dawn Holley, Davis Ja, Doug James, Liz Kantor, Brian Kiernan, Mickey Lavelle, Robert Mackey, Grant Mays, Tom McCall, Miguel Melendez, Jane Mermelstein, Neal Mueller, John Nogue, Todd Oppenheimer, Emily Roth, Christopher Wagner, Diane Walton,

Fort Point

Kayak floats in fog.
Watch good friends swim in place
Motor boat brings us all home

Alcatraz

Cursing through blue lips
I scramble on sand after
Coursing through blue green waves.

Over-60 Swim

Suspend disbelief now.
Ebb will kick-in in 10 mins
Pigs fly on Arizona beach

-Ann Sasaki

Jan Weidner, David Zovickian
Helpers: Susan J Allen, Cynthia Barnard, Andrew Cassidy, Cynthia Colebrook, Theo Colebrook, John Davis, Sue Garfield, Brian Gilbert, John Hornor, Nancy Hornor, Tom Hunt, Wendy Katzman, Kerry Labelle, Sean Lavelle, Johnnie Luis, Janice McCall, Kent Myers, Maksim Naumov, David Nosrati, Kevin O'Connor, Hal Offen, Daragh Powers, Neal Powers, Tony Reveaux, Polly Rose,

Gina Rus, Deborah Sherwood, Janice Wood
Test Swimmers and Pilots: Jon Bielinski, John Blackman, Robert Cable, Andrew Cassidy, Brendan Crow, Nancy Cutler, Jay Dean, James Dilworth, Jim Frew, Doug James, Liz Kantor, Sean Lavelle, Lolly Lewis, John Mattox, Jane Mermelstein, Alexander Mulder, Lisa Newman-Wise, John Nogue, Hal Offen, Roxy Phifer, Lance Starin, Thaddeus Vogler, David Zovickian, Noah Zovickian

Dolphin Club Escape From Alcatraz Triathlon September 28, 2013

Place	First Name	Last Name	Swim Time	Bike Time	Run Time	Total Time	Notes
1	David	Wild	0:35:58	0:49:22	2:12:40	3:38:00	virgin
2	Joel	Lanz	0:40:26	0:48:36	2:13:27	3:42:29	8th EFAT, 7 consecutive 1st places
3	Nobu	Takahashi	0:41:32	0:50:08	2:11:50	3:43:30	WETSUIT 4th EFAT/FASTEST RUN
4	Jesse	Czelusta	0:31:52	0:45:03	2:31:55	3:48:50	3rd EFAT/FASTEST BIKE
5	Evan	Borders	0:45:28	0:49:37	2:44:44	4:19:49	virgin
6	Sean	McFadden	0:37:45	0:46:40	2:57:30	4:21:55	1ST MALE CRUISER/11th EFAT
7	John	McCulloch	0:34:35	0:51:36	2:56:14	4:22:25	virgin
8	Brent	Pohlmann	0:38:25	0:47:05	2:58:54	4:24:24	10th EFAT
9	Paddy	Dunne	0:31:04	0:48:56	3:05:19	4:25:19	virgin/youngest
10	Brian	Matthay	0:42:51	1:03:50	2:38:55	4:25:36	virgin
11	Thomas	Brown	0:36:37	0:53:23	2:55:45	4:25:45	3rd EFAT
12	Scott	Halsted	0:52:22	0:54:46	2:54:52	4:42:00	2nd Escape
13	Rick	Avery	0:45:21	1:01:35	3:02:37	4:49:33	6th EFAT
14	James	Fahlbusch	0:29:36	0:50:44	3:39:00	4:59:20	virgin
15	Peter	Bartu	0:36:02	1:00:43	3:22:37	4:59:22	2nd EFAT
16	Michael	Caniglia	0:43:47	0:57:18	3:29:25	5:10:30	virgin
16	Mark	McKee	0:48:39	1:07:16	3:14:35	5:10:30	17th EFAT
18	Lisa	Newman-Wise	0:34:32	0:59:03	3:42:25	5:16:00	FIRST FEMALE/virgin
19	Hal	Offen	0:54:27	1:01:29	3:21:33	5:17:29	14th EFAT
20	John	Hornor	0:49:49	1:02:26	3:26:55	5:19:10	cruiser/10th EFAT
21	Jim	Ruppert	0:48:27	1:20:28	3:12:15	5:21:10	WETSUIT /2nd EFAT
22	Laurel	Condro	0:43:41	1:01:19	3:36:44	5:21:44	1ST FEMALE CRUISER/9th EFAT
23	Richard	Haymes	0:48:45	1:15:15	3:20:49	5:24:49	cruiser/4th EFAT
24	James	Hulihan	0:38:02	1:09:14	3:39:39	5:26:55	Oldest/5th EFAT
25	Brendan	Crow	0:29:13	1:03:52	3:55:50	5:28:55	virgin/ FASTEST SWIM
26	Dave	Strasburg	0:47:55	1:54:05	2:52:36	5:34:36	virgin
27	Anthony	Ducomb	0:51:45	1:04:06	3:44:53	5:40:44	18 Escapes
28	Sunny	McKee	0:44:28	1:02:55	3:54:57	5:42:20	17th EFAT
29	Randy	Edwards	0:35:49	1:18:08	3:49:43	5:43:40	virgin/cruiser
30	John	Mattox	0:44:39	1:04:13	4:04:53	5:53:45	10th EFAT
31	Jon	Nakamura	0:40:05	1:09:48	4:07:47	5:57:40	24 Consecutive Escapes
32	James	Walter	0:43:02	1:14:48	4:05:55	6:03:45	2nd EFAT
33	Stephanie	Duhau	0:51:25	1:20:35	3:54:58	6:06:58	4th Escape
34	Gina	Rus	0:42:42	1:08:14	4:25:24	6:16:20	17th EFAT/cruiser
35	Tom	Linthicum	0:41:53	1:07:38	4:31:49	6:21:20	16th EFAT
36	Lisa	Serebin	0:43:49	1:14:11	4:25:40	6:23:40	virgin/cruiser
37	Jay	Hanley	0:35:34	1:19:56	4:31:25	6:26:55	virgin/cruiser
38	Mike	Webb	0:46:28	1:18:32	4:25:40	6:30:40	21 EFAT
39	Doug	James	0:46:31	1:21:29	4:25:15	6:33:15	virgin
40	Tom	Callinan	0:49:23	1:06:19	4:56:08	6:51:50	25th EFAT!
41	Eileen	Buckley	0:47:15	1:35:45	4:57:10	7:20:10	virgin
42	Keith	Nowell	0:48:59	1:19:22	5:17:49	7:26:10	23rd EFAT
43	Will	Powning	1:02:55	1:36:05	4:53:40	7:32:40	virgin
44	Phil	Taylor	1:08:00	1:29:00	5:00:40	7:37:40	7th EFAT
45	Peter	Neubauer	0:50:59	1:37:01	5:12:20	7:40:20	7th EFAT
46	Krist	Jake	0:46:39	1:28:21	5:42:20	7:57:20	12th EFAT
47	Robin	Rome	0:59:02	1:40:58	5:18:00	7:58:00	9th EFAT
48	Linda	Nowell	1:04:40	1:45:19	5:48:01	8:38:00	3rd EFAT
49	Mary	Cantini	1:05:42	1:43:18	6:02:00	8:51:00	25th EFAT!
	James	Dilworth	0:42:17		0:00:00		DNF virgin
	Jack	Sullivan	0:47:03	1:08:19	0:00:00		DNF 2nd EFAT

RELAY TEAMS

NAME	SWIM	BIKE	RUN	TOTAL TIME
1 John, Si, Candace	0:30:06	0:52:15	2:26:30	3:48:51
2 PVC's (Tom Partridge, Vincent Huang, Pet	0:44:48	0:44:47	2:43:55	4:13:30
3 Partial Tripe (Andrew Schwaab, James Mc	0:28:16	1:01:34	2:58:24	4:28:14
4 Thunderbirds (Mike Silva, Frank Dedonati	0:32:25	0:51:35	3:17:16	4:41:16
5 The Bobs (Chris Tschinkel, Robert Cable)	0:39:56	0:52:09	3:09:12	4:41:17
6 The Islanders (Trudy Molina, Susan Corki	0:43:59	0:57:21	4:38:50	6:20:10



Sunny McKee

Sign of the Times

How do they change the bulbs up there anyway?

If you swim or row in the winter, especially before dawn or after dusk, the lighted sign atop Ghirardelli Square looms large. It's a source of illumination, a beacon, a landmark.

Andy Barnes, 20, is one of the people who keeps the sign in shape. He periodically climbs up the narrow scaffolding of the 98-year-old advertisement for the chocolate company and replaces bulbs in the 11-letter sign, which has 1,249 bulbs in all. He wears a safety harness and straps two buckets of bulbs to his waist as he makes his way up and down, usually around noon. "There's one spot on the very top plank where you have to fully extend to get to the next plank," says Barnes, who works for Wells Electric, which has the contract to maintain the sign. "It's a little scary, but fun, too."

In 2010, Ghirardelli management decided to swap out the sign's conventional 11-watt incandescent bulbs for more energy efficient 1.7-

watt LED lamps. It was good for the environment, plus it saves about \$14,000 a year—and the California Public Utilities Commission subsidized the conversion.

Unlike the old bulbs, the LEDs are available in vibrant colors—red, orange yellow, green blue. That gave Tisa Wagner and some of the other people involved in the LED conversion an idea: Why not use the colors to commemorate special events and times of the year? They started with an all-green G to celebrate the environmental friendliness of the new bulbs.

Then for the holiday season in 2010, Wagner designed a candy-cane themed G. "It seemed a little busy," says Wagner, a principal at Ford Light of San Carlos. "But every one else seemed to like it."

The idea of a color-themed G expanded from there. They do red, white, and blue for Fourth of July and Fleet Week, Orange when the Giants win a World Series, green for Earth

Mark Robinson

Day. They've done a rainbow pattern for Gay Pride and an American flag theme for the America's Cup.

Wagner makes a diagram of the G, noting which color each of the letter's 162 bulbs should be. Barnes, or one of the other workers from Wells Electric, follows the schematic precisely. The candy-cane theme takes about two hours to install, says Barnes, whose mother, Mary Barnes, is a member of the Dolphin Club and a regular afternoon swimmer.

Wagner is especially fond of the design for the Fourth of July commemoration. The bottom of the G alternates red and white bulbs, to suggest the stripes of the American flag. The top is all blue—except for 13 white lights sprinkled here and there, symbolizing the original 13 US states. "Most people don't realize they're even in there," Barnes says. "That's a hidden little gem."

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Dolphin - South End Triathlon October 19, 2013

Row Results

Swim Results

Boat type	Place	Points	Club	Crew
Barge	1	77	DC	Lowen Cattoico, Andrea Fabian, Kelley Heye, Anna Mackinnon, Megan Wachs, Laura Zovickian COX: Charlie McIntyre
Single wooden	1	44	DC	J.D. Durst
	2	22	SERC	
	3	11	DC	Marcus Auerbuch Tom Davis Tom Partridge Megan Wachs Chris Tschinkel Hal Offen Maddy Eustis
Double wooden	1	44	SERC	
	2	22	SERC	
	3	11	DC	Jim Frew, John Blackman Kira McPolin, Nina Pappas
Single Vikings	1	44	SERC	
	2	11	DC	Lance Starin
Double Vikings	1	44	SERC	
	2	22	DC	Charlie Cross, Mark Robinson
	3	11	SERC	Mary Magocsy, Diego Read
Single shells	1	44	SERC	
	2	22	DC	Connor Barnett James Dilworth Jay Dean Bjorn Kustic Chris Brunding
	3	11	DC	
Double shells	1	44	DC	Rachael Perry, Kelly Amdur
	2	22	SERC	
	3	11	DC	Luke Edwards, Armand Hernandez
Totals:		264	DC	
		253	SERC	

Place	Points	Name	Club	Time
1	30	Darrin Connolly	SERC	0:30:23
2	29	Brendan Crow	DC	0:30:47
3	28	Craig Marble	SERC	0:31:10
4	27	Chris Wagner	DC	0:31:52
5	26	John Renko	DC	0:32:19
6	25	Lisa Newman-Wise	DC	0:32:48
7	24	Lawrence Reed	SERC	0:33:06
8	23	Bonnie Benjamin	SERC	0:33:12
9	22	J. P. Paul	SERC	0:33:18
10	21	John Ottersberg	DC	0:33:25
11	20	Jeff Gunderson	SERC	0:33:40
12	19	Greg Mitchell	SERC	0:33:44
13	18	Randy Brown	SERC	0:33:46
14	17	Michelle Deasy	SERC	0:33:48
15	16	Joseph Marendia	DC	0:33:50
16	15	Andrew Burrell	SERC	0:34:28
17	14	Ross Browne	DC	0:34:38
18	13	Laura Zovickian	DC	0:34:42
19	12	Jesse Czelusta	DC	0:34:48
20	11	John Walker	SERC	0:34:52
21	10	Don Ollila	SERC	0:34:58
22	9	Sue Free	SERC	0:35:04
23	8	Lowell Alexander	DC	0:35:10
24	7	Ross Modlin	SERC	0:35:17
25	6	Marta Bechhoefer	SERC	0:35:33
26	5	Hershow Al-Barazi	DC	0:35:48
27	4	Brian Fitzgibbons	DC	0:35:55
28	3	Clint Hendler	DC	0:36:04
29	2	David Rich	DC	0:36:20
30	1	Denise Edwards	DC	0:36:33
31	1	Daniel Jegers	SERC	
32	1	Katrina Lundstedt	SERC	
33	1	Peter Bartu	DC	
34	1	Tom Neill	DC	
35	1	Michelle Cherrick	SERC	
36	1	David Wild	DC	
37	1	Sarah Morrison	SERC	
38	1	Todd Jordan	SERC	
39	1	Patrick McBride	SERC	
40	1	Duke Dahlin	DC	
41	1	Bonnie Brown	SERC	
42	1	Tom Brown	DC	
43	1	Michelle Johnson	SERC	
44	1	Kate Howell	SERC	
45	1	Tor Lundgren	DC	
46	1	Megan Wachs	DC	
47	1	Nancy Cutler	DC	
48	1	Joel Moore	DC	
49	1	Alex Honor	SERC	
50	1	Morgan Kulla	DC	
51	1	Kelth Gray	DC	
52	1	James Walter	SERC	
53	1	Ross Edwards	DC	
54	1	Tina Voight	SERC	
55	1	Victoria Stein	SERC	
56	1	Mike Miller	SERC	
57	1	Boris Delepine	SERC	
58	1	Peter Hollingsworth	DC	
59	1	Steve Hurwitz	SERC	
60	1	Jarrod Belle	SERC	
61	1	John Nogue	DC	
62	1	Sean Lavelle	DC	
63	1	Ranie Pearce	SERC	
64	1	Dan Nadaner	SERC	
65	1	Margaret Steere	SERC	
66	1	Dianna Shuster	SERC	
67	1	Daniel Marlay	SERC	
68	1	Les Mangold	SERC	
69	1	Bobby O'Malley	SERC	
70	1	Robert Kane	SERC	
71	1	Tom Davis	DC	
72	1	John Borden	SERC	
73	1	Jean Allan	DC	
74	1	Paul Springer	SERC	
75	1	Tom Paoli	SERC	
76	1	Anne Schonauer	SERC	
77	1	Charlie Cross	DC	
78	1	Tom Partridge	DC	
79	1	Sunny McKee	DC	
80	1	Mickey Lavelle	DC	
81	1	Alex Warring	DC	
82	1	Sylvia Marino	SERC	
83	1	Robert Cable	DC	
84	1	Ann Turtle	SERC	
85	1	Niland Mortimer	SERC	
86	1	Katherine Orr	DC	
87	1	Kelly Beers	SERC	
88	1	Joe Butler	SERC	
89	1	Madeline Eustis	DC	
90	1	Margaret Keenan	DC	
91	1	Josh Sale	SERC	
92	1	John Paul Two	SERC	
93	1	Fred Johnson	DC	
94	1	Jay Adams	DC	
95	1	Duane Franks	SERC	
96	1	Joni Beemsterboer	DC	
97	1	Doug James	DC	
98	1	Rick Avery	DC	
99	1	Peter Cullinan	DC	
100	1	Mike Laramie	SERC	

Run Results

Place	Points	Name	Club	Time
1	30	Joel Lanz	SERC	0:41:02
2	29	David Wild	DC	0:42:08
3	28	Dino Adelfio	SERC	0:42:22
4	27	Jim Grant	SERC	0:42:56
5	26	Alex Warring	DC	0:45:22
6	25	Peter Badertscher	DC	0:46:14
7	24	Loren Bondurant	SERC	0:46:41
8	23	Jesse Czelusta	DC	0:47:14
9	22	Tom Partridge	DC	0:49:00
10	21	Tom Wilhelms	SERC	0:49:35
11	20	Tom Brown	DC	0:50:37
12	19	Kjell Jorgenson	DC	0:51:15
13	18	Ted Tilles	DC	0:51:16
14	17	Duane Franks	SERC	0:51:53
15	16	Ben Green	SERC	0:52:25
16	15	Vince Fauson	SERC	0:52:41
17	14	Jarrod Belle	SERC	0:52:46
18	13	Tom McInerney	SERC	0:53:04
19	12	Rick Avery	DC	0:54:11
20	11	Conyers Davis	DC	0:54:23
21	10	Boris Delepine	SERC	0:54:32
22	9	Sean Lavelle	DC	0:54:56
23	8	Tony Lillios	SERC	0:54:56
24	7	Chris Tschinkel	DC	0:55:24
25	6	John Borden	SERC	0:55:56
26	5	Aaron Rosenthal	DC	0:56:31
27	4	Jenny Nadaner	SERC	0:56:41
28	3	Natazha Bernie	DE	0:56:49
29	2	Pete Mulvihill	SERC	0:57:05
30	1	Kevin O'Connor	DC	0:58:04
31	1	Mike Miller	SERC	
32	1	Megan Wachs	DC	
33	1	Ken Coren	DC	
34	1	Tom Davis	DC	
35	1	Willy Waks	SERC	
36	1	Stephanie Duhau	SERC	
37	1	Don Ollila	SERC	
38	1	Duke Dahlin	DC	
39	1	Carrie Russell	DC	
40	1	Julie Knox	DC	
41	1	George Carvalho	SERC	
42	1	Kim Pross	SERC	
43	1	Tim Lamarre	DC	
44	1	Vanessa Marlin	SERC	
45	1	Rowena Cape	DC	
46	1	Tim Kelly	SERC	
47	1	Andrew Burrell	SERC	
48	1	J. P. Paul	SERC	
49	1	Peter Bartu	DC	
50	1	John Paul Two	SERC	
51	1	John Dugan	DC	
52	1	Hal Offen	DC	
53	1	Mee Lee	DC	
54	1	Lawrence Reed	SERC	
55	1	Doug James	DC	
56	1	Madeline Eustis	DC	
57	1	Sherie Mchalle	SERC	
58	1	Madeline Savit	DC	
59	1	James Walter	SERC	
60	1	Donnelly Gillen	DC	
61	1	Phil Taylor	SERC	
62	1	Kat Arber	SERC	
63	1	Alan Levinson	SERC	
64	1	Will Newby	SERC	
65	1	Sunny McKee	DC	
66	1	Clint Hendler	DC	
67	1	Hershow Al-Barazi	DC	
68	1	Marty Maricle	SERC	
69	1	Jon Bielinski	DC	
70	1	John Nogue	DC	
71	1	John Renko	DC	
72	1	Peter Neubauer	DC	
73	1	Paul DeAngelis	SERC	
74	1	Annabelle Slingerland	SERC	
75	1	Margaret Keenan	DC	

Totals

	DC	SE
Rowing	264	253
Swimming	238	297
Running	254	256
All 3	12	3
Totals	768	809

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Lou Marcelli Day

PROCLAMATION CITY AND COUNTY OF SAN FRANCISCO

Whereas, LOU MARCELLI was born and raised in Collinsville, Solano County, California, an Italian fishing village along the Sacramento River; and

Whereas, LOU MARCELLI came to North Beach, San Francisco as a young man in the 40's where he worked as a letter carrier for the US Postal Service, and later, the Manager of a local 60's rock band-the Cleveland Wrecking Company, a Bartender at the Intrigue Bar and the co-owner of Dino and Carlo's Night Club, all in North Beach; and

Whereas, LOU MARCELLI was a good friend of Joe, Vince and Dom Dimaggio, spent many summers salmon fishing in Bristol Bay, Alaska, was an avid fan of the San Francisco Giants and a long time member of the San Francisco Italian Athletic Club; and

Whereas, LOU MARCELLI became the Commodore of the Dolphin Swimming and Rowing Club where he lived for fifty years and swam at least 4 days every week and became mentor and friend to many Dolphin Club members and was loved and respected by all; and

Whereas, LOU MARCELLI was featured on the Food Network with Mario Batali, Hidden Kitchens on National Public Radio and in Saveur Magazine for his legendary calamari recipe; and

Whereas, LOU MARCELLI was a member of the Screen Actors Guild and thoroughly enjoyed appearing in many locally made movies and commercials; and

Whereas, LOU MARCELLI was a devoted partner of Cape Cod Massachusetts native and long time resident of North Beach, Cynthia Coppi for 40 years whom he fondly referred to as "The Broad"; and

Whereas, LOU MARCELLI had many family members in California and San Benedetto del Tronto, Italy and he adored every one of them; now, therefore, be it

Resolved, that the Board of Supervisors hereby declare October 27, 2013 to be Lou Marcelli Day in San Francisco.

*David Chiu, President
San Francisco Board of Supervisors
October 27, 2013*

What a year! Thanks to all who helped the Club through it all... We said in January that we would celebrate the fantastic women who broke down the DC membership barriers, and we did. We said we'd get kids rowing, and we did. We said we'd get more people in the water, and on the water, and we did. We lived through America's Cup and even prospered. We didn't foresee the losses, but I want to say that on Lou Marcelli Day in San Francisco, on October 27, 2013, we were at our Dolphin Club flag-flying best. With almost 500 people in the Club, we were big, we were open, we were generous, we took good care of each other and our North Beach and SF waterfront friends. The fleet went out in all its glory, we ate and drank (very) well, we told some extraordinary stories (and we'll keep telling them...), the music was ideal, and we were together. Thank you.

-Diane Walton, President





The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2014 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Wed TBD	New Year's Day Alcatraz
Jan 1	Wed TBD	New Year's Day Cove Swim
Jan 25	Sat 10:00 am	*Pier 41
Feb 16	Sun TBD	Old Timer's Lunch
Mar 15	Sun 9:30 am	*Gas House Cove
Mar 21	Thur 11:00 pm	End of Polar Bear
Apr 5	Sat 7:45 am	*Pier 39
Apr 26	Sat TBD	Rowers Dinner
Apr 27	Sun 8:30 am	*Yacht Harbor
May 4	Sun 6:55 am	*Bay Bridge
May 26	Mon 8:30 am	*Crissy Field
Jun 1	Sun	100-Mile Swim Begins
Jun 7	Sat 6:00 pm	*Doc Howard Over 45 Gas House Cove
Jun 22	Sun TBD	*SE/DC LGBT Pride Swim
Jul 13	Sun 9:00 am	Dick Beeler Crazy Cove
Jul 19	Sat TBD	*Trans Tahoe Relay
Jul 27	Sun 9:30 am	Under 30 Cove Swim
Aug 2	Sat TBD	*Santa Cruz One Mile
Aug 9	Sat 9:15 am	*Coughlin Beach (fun swim)
Aug 17	Sun 11:00 am	Walt Schneebeli Over 60 Cove
Aug 23	Sat 8:30 am	*Fort Point
Sep 6	Sat 10:25 am	Joe Bruno Golden Gate
Sep 13-14	Sat/Sun TBD	Duke's 24 hour cove relay
Sep 20	Sat 10:25 am	Alcatraz
Sep 27	Sat 7:15 am	Escape from Alcatraz Triathlon
Oct 25	Sat TBD	Dolphin/South End Triathlon
Oct 31	Fri	100-Mile Swim Ends
Nov 15	Sat TBD	Pilot Appreciation Dinner
Nov 27	Thur 9:00 am	Thanksgiving Day Cove
Nov 23	Fri	Grizzly Bear Challenge
Dec 21	Sun 9:00 am	New Year's Day Qualifier
Dec 21	Sun	Holiday Brunch Party
Dec 21	Sun TBD	Polar Bear Swim Begins
Dec 31	Sat 11:59 pm	Grizzly Bear Challenge Ends

*All times are approximate & subject to change.
TBD means "to be determined".*

ROWING TRAINING

These Saturdays as 9:00 am

January 18, Saturday

February 15, Saturday

March 15, Saturday

April 19, Saturday

May 17, Saturday

June 21, Saturday

July 19, Saturday

August 16, Saturday

September 20, Sunday

October 18, Saturday

November 15, Saturday

December 20, Saturday

Intro to bay swimming *usually*
offered Sunday after board
meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
4. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
5. Swimmers must be in attendance at briefing prior to each swim in order to participate.
6. Swim sign-up sheets are posted two weeks prior to each swim.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. * Indicates swim is a qualifier for Alcatraz and Golden Gate Swims

Alcatraz Island
1.4 miles

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gas House Cove
1 mile

Aquatic Park Cove

Pier 41½
1.2 miles

Pier 43
1 mile